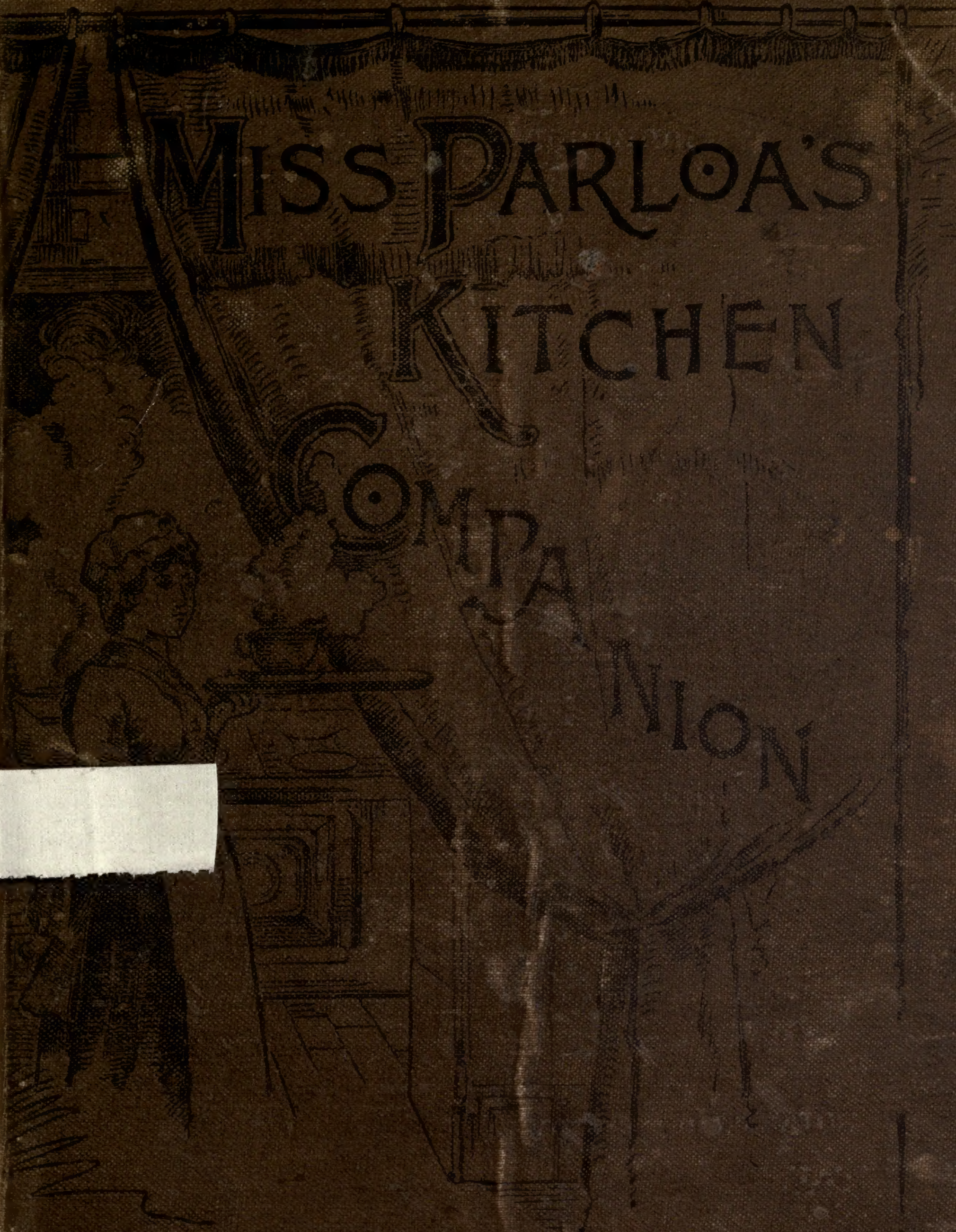
MISS PARLOA'S KITCHEN COMPANION



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MISS PARLOA'S

KITCHEN COMPANION.

A GUIDE FOR ALL WHO WOULD BE GOOD HOUSEKEEPERS.

BY

MARIA PARLOA,

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PREFACE.

A LARGE part of my leisure time in the last few years has been passed in working on this book, which it has been my ambition to make of real and lasting value to all who may use it. Those who are familiar with my other cook-books will see that this one contains not only many hundred new receipts, but a number of chapters on important subjects treated only briefly, if at all, in my earlier works. My publishers' liberality in regard to illustrations and the size of the book has enabled me to give a more comprehensive volume than it has ever before been my privilege to prepare, and one which I hope may be found a trusty guide for all who are travelling on the road to good housekeeping.

To two things let me call special attention: First, do not undertake to cook a new dish until you have carefully read the receipt at least once; and secondly, do not be discouraged by failure in first experiments.

By means of the asterisk (*) the plain receipts have been distinguished from those for rich food; therefore housekeepers in search of the former can find them at a glance.

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To quote from the preface of my last work: "After much consideration it was decided to be right to call particular attention in different parts of the book to certain manufactured articles. Lest her motive should be misconstrued, or unfair criticisms be made, the author would state that there is not a word of praise which is not merited, and every line of commendation appears utterly without the solicitation, suggestion, or knowledge of anybody likely to receive pecuniary benefit therefrom." This statement applies to the present book as well as to the last.

That the KITCHEN COMPANION may prove a welcome visitor to thousands of households throughout the land, is the parting wish with which it is sent before the public.

M. P.

NEW YORK, *March*, 1887.

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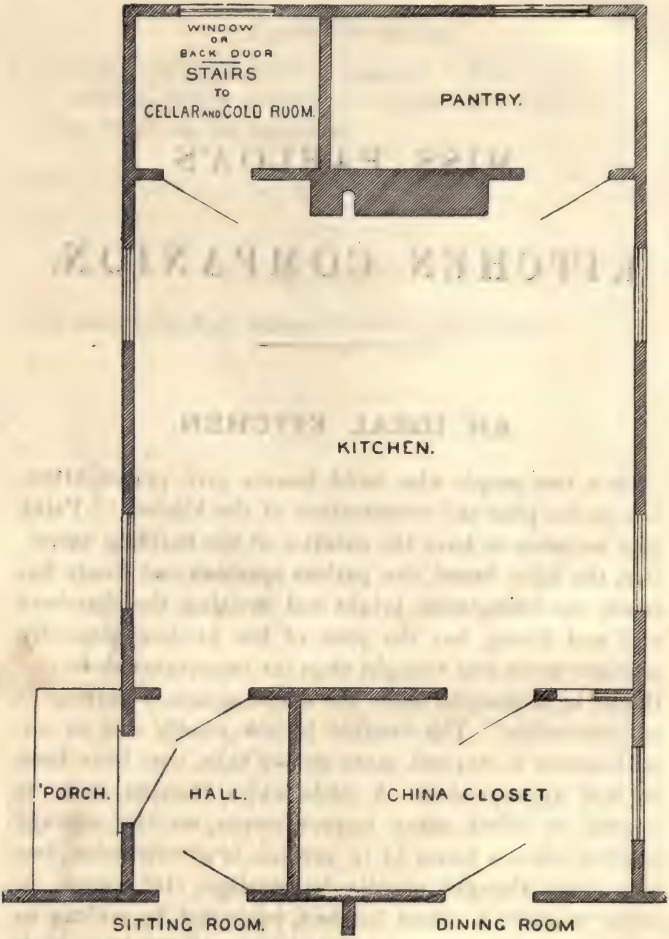
The receipts which are starred (*) are for simple dishes.

MISS PARLOA'S

KITCHEN COMPANION.

AN IDEAL KITCHEN.

How few people who build houses give proper attention to the plan and construction of the kitchen! Pains may be taken to have the exterior of the building attractive, the halls broad, the parlors spacious and finely finished, the dining-room bright and inviting, the chambers airy and sunny, but the plan of the kitchen generally receives much less thought than its importance deserves, if one be seeking to make the house as nearly perfect as is practicable. The trouble is not wholly due to unwillingness to expend more money than may have been at first appropriated. A little extra thought alone is needed to effect many improvements on the average kitchen when a house is in process of construction, but this extra thought usually is missing. Of course, in order to have a model kitchen, one must be willing to pay a good price for it; yet the price will not be so high that one will ever regret the expenditure; indeed, most persons will promptly admit that the money has been used as profitably as that used for any other part of the house. The object of this chapter is to show how a model kitchen may be arranged; and although few people may adopt the recommendations as a whole, it


WINDOW
OR
BACK DOOR
STAIRS
TO
CELLAR AND COLD ROOM.
PANTRY.
KITCHEN.
PORCH.
HALL.
CHINA CLOSET
SITTING ROOM.
DINING ROOM

is hoped that every reader may find some suggestions of value, to be followed whether the house be already built or yet to be erected.

The first matter to be considered is the size of the room. While it is important to have ample space for range, sink, dresser, tables, and chairs, and for free movements, it also is important to avoid having the room so large as to oblige one to take many steps to and from range, sink, table, and pantry. A good size is 16 × 16 or 15 × 17 feet.

Be particular to have the ventilation as good as possible; for the comfort of not only those who have duties in the kitchen, but of the entire household, is in a measure dependent upon it. If the ventilation be poor, the strength of those who work in the room will needlessly become exhausted, and they are likely to get irritated easily. Moreover, odors of cooking will escape to other parts of the house instead of passing to the open air. The room should be high, and have large windows that can be raised or dropped easily. If the kitchen be located in a one-story extension, almost perfect ventilation may be secured by means of a ventilator in the roof or by a skylight; or it may be found easy to have a ventilator placed in the chimney. If expense be no obstacle, it will be well to have a separate chimney for the kitchen, as this is one of the surest ways of preventing odors of food from reaching other rooms. Although the room may be admirably arranged and finished, it will not be a model apartment unless there be good ventilation and an abundance of light. Most kitchens have some dark corners, but there should be none.

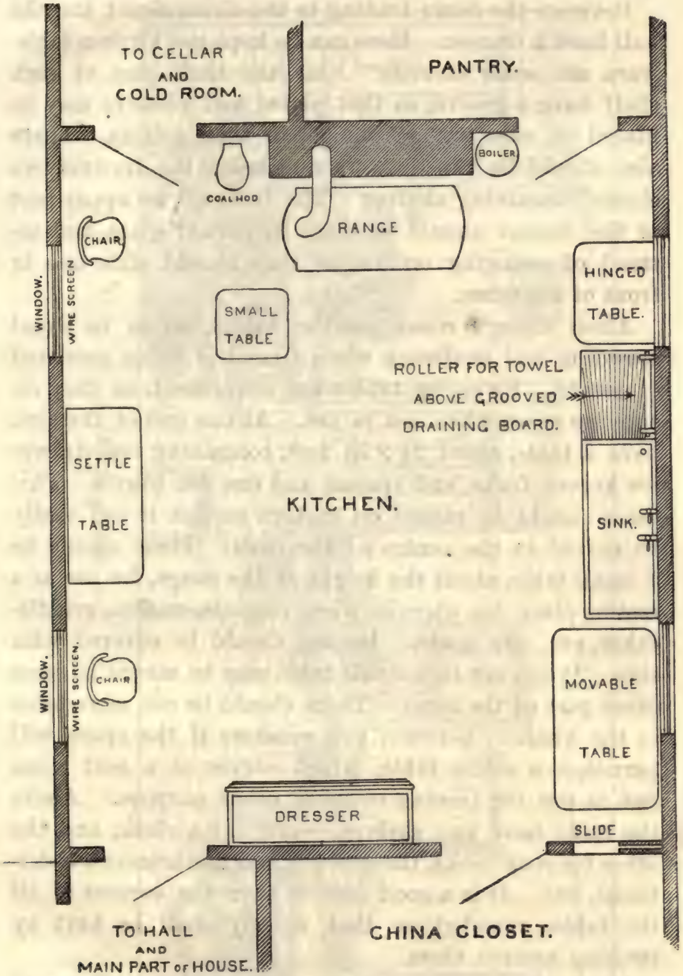
Excepting the ceilings, every part of the room, as well as of the pantry and the adjoining closets, should be finished in a way that permits of washing. A hard-wood floor is desirable. Avoid spruce. Hard pine, if carefully selected, makes a good floor; but the best wood is maple or birch, in strips not more than three inches wide. If soft wood be used, splinters will in time get torn up. Oil-cloth often is used for covering the floor. It may look bright and clean, but is too cold, and frequently causes rheumatism. Lignum, which somewhat resembles oil-cloth, but is thicker and warmer, is as good a covering as can be found. It is clean and durable.

Tiles are sometimes recommended for the floor of a kitchen; they can be kept clean and will wear well, but they tire the feet, and for that reason should not be used.

It is well to have the woodwork in a kitchen oiled. A wainscot is desirable. Have the walls painted a rather light color. If one can afford it, the walls about the range and sink should be tiled. At the outset tiles may appear costly, but after experience one finds it is really a saving to use them. They can easily be kept perfectly clean, and will last as long as the house itself. English or Dutch tiles should be used, and there is nothing more appropriate than the blue and white. The price for furnishing and setting such tiles is from seventy cents to a dollar per square foot. Probably the time will come when nobody will think of finishing a house without them.

Do not be satisfied with a small sink. Have one of good size, and of iron, with a sloping and grooved shelf at one end, on which to drain dishes after washing them. Let the sink rest on iron legs. The space under it should not be enclosed, as every dark place is a source of temptation to a slovenly domestic.

One caution in regard to the sink: have the strainer screwed down firm. Anything that will not pass through the strainer should not go into the pipes. The hinged or loose strainer gives but little protection, as the temptation to lift it and let sediment pass through is very great. With an immovable strainer and the use, once a fortnight, of the hot solution of soda described in the chapter on "Care of Utensils," there will be no trouble with pipes, unless it be caused by wear or freezing. After using the hot soda, flush the pipes with cold water. This plan has been followed in the care of the plumbing of a large house for many years, with the most satisfactory results. Put hooks under the sink, for dish-cloths, dish-pans, etc. Unless there be tiles above,

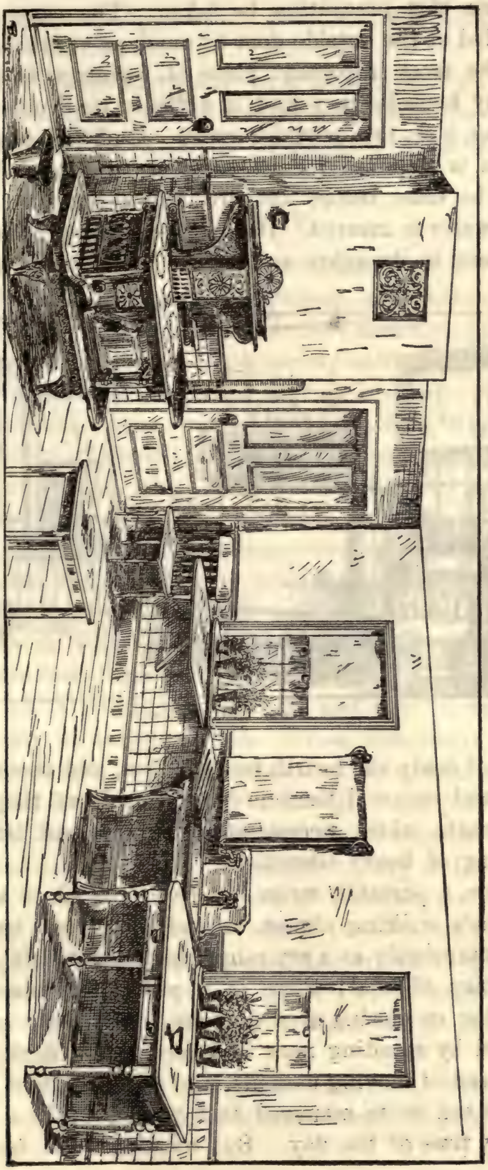

TO CELLAR AND COLD ROOM.
PANTRY.
BOILER
COAL HOD
RANGE
CHAIR
WINDOW.
WIRE SCREEN
SMALL TABLE
HINGED TABLE.
ROLLER FOR TOWEL ABOVE GROOVED DRAINING BOARD.
SETTLE TABLE
KITCHEN.
SINK.
WINDOW.
WIRE SCREEN.
CHAIR
MOVABLE TABLE
DRESSER
SLIDE
TO HALL AND MAIN PART OF HOUSE.
CHINA CLOSET.

below, and at the sides of the sink, all this space should be finished in hard wood. If tiles be used, have a broad capping of hard wood extend across the upper edge of the top row, in which to place brass hooks for the various small utensils in frequent use at the sink.

Between the doors leading to the china closet and the hall have a dresser. Here can be kept the kitchen tableware and some utensils. Near the back part of each shelf have a groove, so that plates and platters may be placed on edge without danger of their falling. There also should be two drawers, and below the drawers two closets containing shelves. The doors of the upper part of the dresser should be made in part of glass, and instead of swinging on hinges they should slide one in front of the other.

Allow enough room for the tables, so as to avoid crowding and confusion when a meal is being prepared or served. Swinging tables are convenient, as they occupy no space when not in use. At one end of the sink have a table, about 2½ × 3½ feet, containing one drawer for knives, forks, and spoons, and one for towels. This table should be placed on castors, so that it can easily be moved to the centre of the room. There should be a small table, about the height of the range, for use as a resting-place for utensils when omelets, waffles, griddle-cakes, etc., are made. Its top should be covered with zinc. When not in use this table may be moved to some other part of the room. There should be one more table in the kitchen, between two windows if the space will permit, — a settle table, which serves as a seat when not in use for ironing or some other purpose. Above the table have two shelves, — one for a clock, and the other for cook-books, the grocer's and marketman's order-books, etc. It is a good idea to have the corners of all the tables rounded, so that nobody shall be hurt by striking against them.

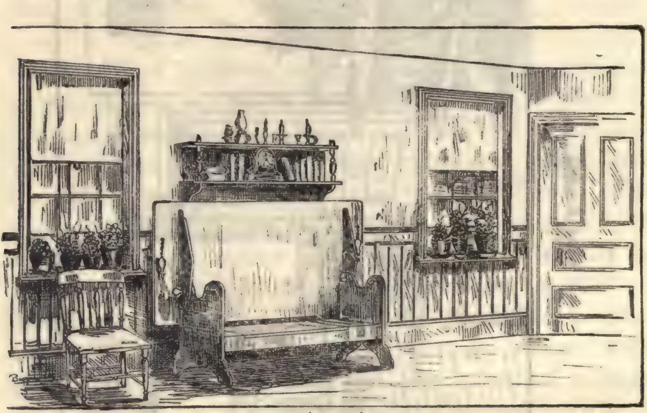
Have broad window-seats, in order to keep a few pots of flowers, herbs, or other plants in the room. Flowers brighten a kitchen wonderfully, and seem to grow better there than in any other part of the house. One other point about the windows: they should be supplied with wire screens in summer. Swarms of flies will get in



— Kitchen View —

unless this precaution be taken. The same barrier is needed at the outside door as much as at the windows.

The most important piece of furniture is the range. Many housekeepers find it difficult to decide which is better, a set or a portable range. Each has merits. Less room is required for set ranges; broiling and roasting can be done before the fire, and a constant supply of hot water is insured. But set ranges are rather slow to respond to draughts and checks; they consume a great deal of coal; the hearth becomes hot, and uncomfortable to stand on; and there is but one side of the range to approach, which necessitates the frequent lifting and moving of heavy utensils.



- Kitchen View —

Now, a portable range can be so placed as to permit of one's walking almost around it; it can be used as advantageously as a set range, with about half the same quantity of coal; there is a prompt response to the opening or closing of a draught; one's feet do not get heated by standing near it; there are no dark corners; the need of moving utensils is to a large extent avoided, and it can be so managed that there shall be a hot oven at any time of the day. But roasting must be done in the oven, and broiling over the coals, and the supply of hot water is limited.

With a set range there must be a broad hearth of tiles, slate, or best face-brick. If a portable range be used, only a large piece of zinc will be required under it.

THE PANTRY.

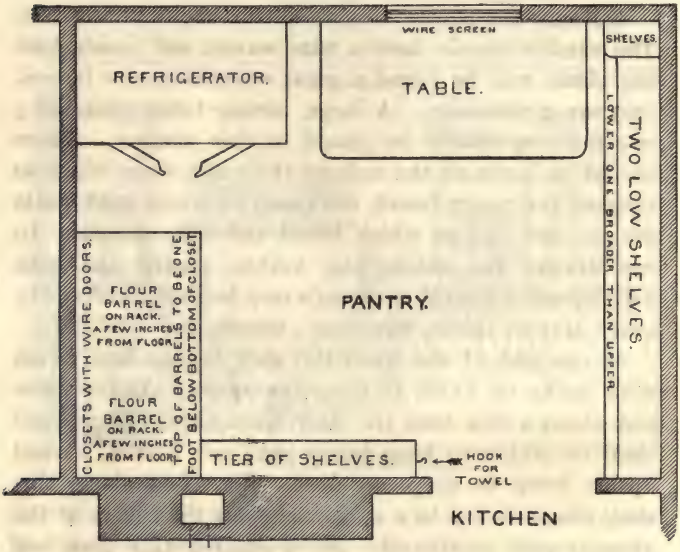
And now the pantry. It should be about 12 × 8 feet. The window should have a wire screen, and inside folding blinds will be found a great convenience, — indeed, they are a necessity. A large, strong table, containing two drawers, should be placed at this window. There should be hooks at the ends of the table, from which to suspend the pastry-board, the board on which cold meats are cut, and that on which bread and cake are cut. In one drawer the rolling-pin, knives, pastry and cake cutters, and a few other utensils may be kept; and in the other drawer, spices, flavoring extracts, etc.

At one end of the room the wall should be covered with hooks on which to hang saucepans. At the same end, about a foot from the floor, there should be a broad shelf on which to keep heavy pots and kettles, turned upside down to keep out dust. Two feet above this shelf there should be a narrow one for the covers of the utensils just mentioned. By following this plan one can keep all these articles together and always in sight, and no time need be lost in searching for any of them.

There will be space in this end of the room for small shelves for the glass jars in which to keep materials used frequently, such as tapioca, barley, rice, baking-powder, soda, cream-of-tartar, ginger, split peas, etc. Here, also, may be kept small pasteboard boxes containing herbs.

In the window-frame put brass hooks, on which to hang the egg-beater, spoons, graded measuring-cups, a whisk, etc.

At the lower end of the pantry have a strong rack, a few inches from the floor, on which to place flour-barrels. This plan insures the circulation of air under the barrels, keeping their contents sweet. About a foot above the barrels have a wall closet, with shelves about twenty inches wide. This should be supplied with a lock, as it is designed for keeping cooked food and such groceries as raisins, currants, and citron, in glass jars, besides fresh fruit. The door or doors should be made partly of wire.


WIRE SCREEN
SHELVES.
REFRIGERATOR.
TABLE.
LOWER ONE BROADER THAN UPPER
TWO LOW SHELVES.
CLOSETS WITH WIRE DOORS.
FLOUR BARREL ON RACK. A FEW INCHES FROM FLOOR.
FLOUR BARREL ON RACK. A FEW INCHES FROM FLOOR.
TOP OF BARRELS TO BE ONE FOOT BELOW BOTTOM OF CLOSET
PANTRY.
TIER OF SHELVES.
HOOK FOR TOWEL
KITCHEN

Extending the length of one side of the room have a tier of shelves, beginning about a foot from the floor and running as high as the top of the wall closet. Tin cans of meal and sugar, stone jars of salt, and jugs of molasses and vinegar may be kept on the lower shelves; and mixing-bowls, mixing-pans, stone-china measuring-cups, etc., — indeed, all utensils for which no other place has been provided, — may be kept on the upper shelves.

In some place near the door of the pantry have a hook or a roller for a towel, in order to avoid taking steps across the kitchen whenever the hands require wiping.

Now, if a kitchen and pantry be built or reconstructed on this plan, the cooking can be done with comfort, and the washing of dishes will not seem so burdensome as it does in the ordinary kitchen. Even if one find it impracticable to follow all or many of the suggestions made, pains ought to be taken — whatever the plan of the kitchen be — to concentrate the work, obtain good light, good ventilation, and ample table-room; and all measures which are calculated to insure cleanliness and to make the kitchen an attractive place should be adopted. There must be a closet near by for brooms, brushes, dusters, etc.; and there should be a cold room near the kitchen, in which to keep most of the perishable stores. In case there be no room of this kind, it will be well to keep the refrigerator in the pantry.

THE STOREROOM.

A storeroom well arranged and properly managed is a source of economy, security, and comfort to a housekeeper. It should be kept locked except when stores are being put in or taken out. Light should be furnished by a small window. For a household of moderate size a room 7 × 5 feet will suffice. In the ground-plan given on page 10 no provision is made for such a room on the first floor, but there would be space for one if the china closet were made smaller and there were no closets in the back hall.

Broad shelves should run all round the room, and there should be a movable set of broad, firm steps — say two or three steps — for use in reaching the upper shelves. The floor and shelves should be planed smooth, that there may be no grooves nor defective places where any substance which may be spilled will lodge, giving a disagreeable odor to the room. The shelves must be made strong, so that no danger shall arise from putting a great weight of stores on them. A tier of three shelves will be enough. Have a space of about twenty inches between the shelves. Do not have any of the woodwork painted. The walls may be plastered or sheathed. If plastered, they may be whitened each spring, if necessary. This will freshen and sweeten the room. The shelves and floor may be cleaned once a month, and the other woodwork washed twice a year. Care must be taken not to use much water. The room should be kept dry, as well as clean, cool, and dark.

Use the lower shelves for such supplies as are frequently drawn upon, and the upper ones for those stores which are used the least. On the upper shelves there may also be kept such kitchen utensils as may be required to replace those which become worthless, — such as bowls and cups, saucepans, etc., which a wise housekeeper will always keep in reserve.

If flour be kept in a barrel in the storeroom, there should be a strong rack, a few inches from the floor (as recommended for the pantry), on which to place the barrel; the idea being to get a free circulation of air under the barrel and prevent dampness. Such groceries as molasses, granulated sugar, vinegar, wine, cider, washing-soda, etc., may be kept on the floor. A strip of wood into which are screwed half a dozen or more hooks, may be fastened on one side of the room, and on it can be hung the brushes, brooms, etc., required to replace those which become worn out.

Following is a list of supplies which should be kept in the storeroom. In sections of the country where such articles as shrimp and lobster can always be found fresh it will not be necessary to use canned goods. Again, in those places where fish and oysters are never found fresh, it is well, on account of the saving in cost, to buy them by the quantity, as one would buy canned peas, tomatoes, mushrooms, etc. In some parts of the country the people depend almost wholly upon condensed milk rather than upon the fresh fluid. If canned milk must be used, a considerable saving can be made by buying a large quantity at one time. Then, too, if one be so placed that it would not be possible to obtain an extra quantity of milk in an emergency, it will be well to keep a few cans of condensed milk on hand.

Time and money will be saved by purchasing by the dozen such canned goods as peas, tomatoes, mushrooms, peaches, apricots, as well as gelatine, etc. Soap and Sapolio, candles and starch, all should be bought by the box. It is well to have peas of two qualities, — the small French peas for use as a vegetable, and the larger and cheaper kind for making soups and purées. Truffles, caviare, sardines, anchovies in various forms, and a few other things, are luxuries in which many housekeepers never indulge; and in any case a small can or bottle is all that one will require in a storeroom, provided one lives in or near a large city where such articles can be obtained.

In the list of supplies which follows these remarks are mentioned many things not actually essential, but which are very useful in giving variety to the fare. It may surprise some readers that dried or smoked fish, ham, bacon, salt pork, brown soap, and some other articles are not included in the list. The reason is, that they have moisture or a strong odor, two things to be avoided in a storeroom where delicate groceries are kept. A cold room where there is a free circulation of air is a better place for them.

Experience has proved that tin boxes are the best receptacles for all kinds of food that would attract mice or weevils. Tin boxes are, to be sure, much more expensive than wooden buckets; but as they are lasting and perfectly secure, it is, in the end, economical to buy them. Each box should be labelled; and if they be made to order, it will be well to have the labels painted on them at the time. Such boxes as cracker-manufacturers use will answer for this purpose, and a housekeeper may obtain them through her grocer if no more convenient way presents itself. When made to order, tin boxes are expensive.

First Shelf. — Graham, corn meal, both white and yellow, oatmeal, rye meal, hominy, buckwheat, rice, soda, cream-of-tartar, tapioca, powdered and block sugar, dried peas, beans, barley, picked raisins, currants that have been cleaned, eggs, cheese, gelatine, tea, coffee, chocolate, starch, bluing, candles; all the articles, except the last three and the gelatine, to be kept in tin boxes.

Second Shelf. — Olive oil, vanilla, lemon, orange, and almond extracts, Santa Cruz rum, eau-de-vie de Dantzic, maraschino, brandy, white wine, tarragon vinegar, olives, capers, liquid rennet, table salt, macaroni, spaghetti, vermicelli, crackers, lime-water, stove-polish, Sapolio, Castile soap, toilet soap, chloride of lime.

Preserved ginger, pickles, anchovy paste, chutney sauce, extract of meat in small jars, arrowroot, cornstarch, potted ham, tongue, and chicken, French paste for coloring soups and sauces, devilled ham, anchovies in oil and in salt, Russian caviare, sardines, orange marmalade, jellies, canned and preserved fruits, almonds, citron, candied lemon and orange peel, tomato, walnut, and mushroom ketchup, essence of anchovy, curry-powder, white and red pepper, essence of shrimp, Worcestershire or Leicestershire sauce, and these whole spices, — nutmegs, cloves, cinnamon, mace, allspice, pepper-corns, and ginger; these ground spices, — mace, cinnamon, clove, allspice, ginger; these whole herbs, — sage, savory, thyme, parsley, sweet-marjoram, summer savory, tarragon; these ground herbs, — sage, summer savory, thyme, parsley, sweet-marjoram.

Third Shelf. — These canned vegetables, — button onions, cauliflower, peas, string beans, shelled beans, mixed vegetables, tomatoes, and corn; also, canned cèpes, mushrooms, truffles, salmon, lobster, shrimp, chicken and tongue, and dessert biscuit, prunes, twine, chamois skin, whiting, household ammonia, clothes-pins.

Floor. — Molasses, cider, vinegar, granulated sugar, wine, coarse salt for freezing, washing-soda for the plumbing.

THE COLD STOREROOM.

This room should be on the north side of the house, and should have two small windows, on two sides of the room, if possible. A broad beam should extend across one end of the room, at least one foot from the wall. Strong meat-hooks should be fastened in this beam, on which to hang ham, bacon, smoked tongue, smoked salmon, and fresh meat or poultry that is to be kept a day or more. At the other end of the room there should be broad, strong shelves on which to put the tubs or jars in which pork, lard, pickles, etc., are kept. All the things which should be kept very cold, such as fruits, vegetables, preserves, etc., may be stored in this room.

If one have a good light cellar, the cold storeroom may be arranged there. The entrance should be near the kitchen stairs. In most modern cellars the furnace gives so much heat that a separate place is required for storage purposes. If one be about to build a house, it will be well to take this matter under consideration. Have a separate cellar under the kitchen, and keep it for vegetables and a storeroom. In the larger cellar have the furnace, fuel-bins, and a workshop, if one be needed. If the cellar extend the entire length of the house, a cold room may be made by building a brick partition at the end of the cellar farthest from the furnace. The room, whether on the ground floor or downstairs, should be so arranged that it can be made light when necessary. The windows should have inside blinds.

In most households the cellar will be found to be the most desirable place for a cold room, because the temperature will be more even than in a place above ground. Dry atmosphere, light, and ventilation are the special points to keep in mind. Even in an old house, where the light is insufficient, large windows may be put in, and the trouble thus easily remedied. Perfect cleanliness and frequent airing are necessary for the preservation of food in this room.

Of course, it is desirable to have the room divided into two parts, — a thin partition will suffice, — that the milk and butter in one compartment shall not absorb the flavor of meats, fish, fruits, or vegetables kept in the other. If there be no refrigerator in the pantry, have one in this room. Ice will not melt so quickly here as in other parts of the house.

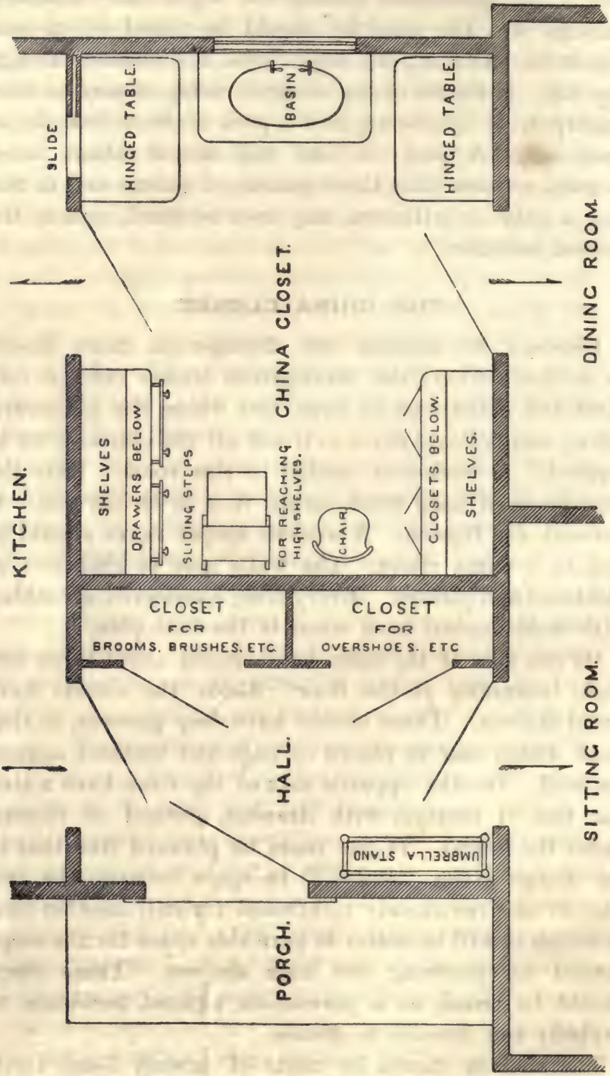
A writer who has given considerable thought to the subject of ventilation says that "a great mistake is sometimes made in ventilating cellars and milk-houses. The object of ventilation is to keep the cellars cool and dry, but this object often fails of being accomplished by a common mistake, and instead the cellar is made both warm and damp. A cool place should never be ventilated unless the air admitted is cooler than the air within, or is at least as cool as that, or only a very little warmer. The warmer the air the more moisture it holds in suspension. Necessarily, the cooler the air the more this moisture is condensed and precipitated. When a cool cellar is aired on a warm day, the entering air being in motion appears cool; but as it fills the cellar the cooler air with which it becomes mixed chills it, the moisture is condensed, and dew is deposited on the cold walls, and may often be seen running down them in streams. Then the cellar is damp, and soon becomes mouldy. To avoid this, the windows should only be opened at night, and late. — the last thing before retiring. There is no need to fear that the night air is unhealthful; it is as pure as the air of midday, and is really drier. The cool air enters the apartment during the night and circulates through it. The windows should be closed before sunrise in the morning, and kept closed and shaded through the day. If the air of the cellar be damp, it may be thoroughly dried by placing in it a peck of fresh lime in an open box. A peck of lime will absorb about seven pounds, or more than three quarts, of water; and in this way a cellar or milkroom may soon be dried, even in the hottest weather."

THE CHINA CLOSET.

Between the kitchen and dining-room there should be a closet where the dining-room dishes (except rare glass and china) can be kept, and where the glassware, silver, and delicate china — if not all the china — can be washed. A window is needed in this room. Have the floor made of hard wood, unless it is to be covered. If covered, use lignum. A woollen carpet never should be laid in a china closet. The walls may be sheathed, or plastered and painted. Everything considered, sheathing with well-finished hard wood is the best plan.

On one side of the room have closets about three feet high, beginning at the floor. Above the closets have broad shelves. These should have deep grooves, so that meat dishes may be placed on edge and inclined against the wall. On the opposite side of the room have a similar tier of shelves, with drawers, instead of closets, under the lowest. If the room be planned like that in the design given, there will be space between the two tiers of shelves already mentioned for still another tier, although it will be better to save this space for the steps needed for reaching the high shelves. These steps should be broad, as a precaution against accidents to anybody and damage to dishes.

The shelves should be made of smooth hard wood, which is easily kept clean. It adds considerably to the


KITCHEN.
DINING ROOM.
SITTING ROOM.
CHINA CLOSET.
SLIDE
HINGED TABLE.
BASIN
HINGED TABLE.
SHELVES
DRAWERS BELOW
SLIDING STEPS
FOR REACHING HIGH SHELVES.
CHAIR
CLOSETS BELOW.
SHELVES.
CLOSET FOR BROOMS, BRUSHES, ETC.
CLOSET FOR OVERSHOES, ETC
HALL.
UMBRELLA STAND
PORCH.

cost of the room, but also considerably to the convenience, to have sliding glass doors in front of the shelves. They will exclude a great deal of the dust which otherwise would collect.

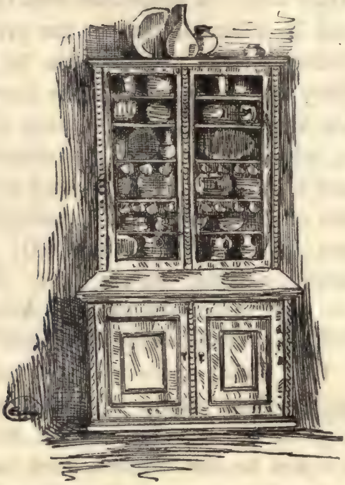
At one end of the room, near the window, have a sink for washing dishes, — not such a sink as that in the kitchen, but a rather small basin, say of copper, about eighteen inches long, twelve wide, and eight or nine deep. Copper is especially recommended because it wears better than zinc. A soapstone sink or a porcelain-lined pan would be desirable but for the greater liability of breaking dishes. It is a good idea to have a small cedar tub — they are made with brass hoops, and look very neat — for the washing of the most delicate china and glassware, which is likely to get marred or broken if crowded into a pan with other heavier articles.

On each side of the sink have a swinging table, on which to place dishes. The tables will at times be convenient when making salads and other similar dishes. Above the table nearest the kitchen have a slide in the wall, that dishes may be passed to and from the kitchen. This small space will not admit odors or the hot air as the door would if kept open. In case there be two or more servants in the household, the door from the closet to the kitchen need not be opened at all while a meal is served, all dishes being passed through the slide.

The small closets in the room are for the sugar, tea, condiments, and the cake, bread, and cracker boxes. There should be one small closet for the articles used in cleaning the table-ware, such as soap, whiting, alcohol, ammonia, brushes, chamois skin, etc. The drawers under the shelves are intended for the table linen, clean dish-towels, etc.

A towel-rack that can be fastened to the window-casing is a necessity. In case the walls be plastered or tiled, a broad moulding of wood should be placed just above the sink. Brass hooks screwed into this moulding will prove to be a great convenience.

This room is often called the butler's pantry.



KITCHEN FURNISHING.

To a woman who is interested in cooking and in her kitchen there are few places so tempting as a kitchen-furnishing store. There are so many articles that are of no great value in the kitchen that one must exercise great care in selecting what is best adapted to her wants. Closets crowded with all sorts of utensils are not a help to order, neatness, and expedition in cooking; but it is essential to the highest perfection in cooking that there shall be enough of the right kind of utensils.

The object of this chapter is to show what a good housekeeper really needs, of what material the utensils should be made, and some of the numerous inventions which, if not absolutely needful, are at least very desirable in a modern kitchen.

Here is a list of articles with which every housekeeper should be supplied: —

Apple-corer.
Baking-pans, four, of tin, and shallow.
Baking-pans of Russian iron, two sizes.
Bean-pot.
Biscuit-cutter.
Blacking-brush, for polishing stove.
Block, or thick board, on which to break bones, open lobsters, etc.
Boards, two, on which to cut bread and cold meat.
Boning-knife.
Bowls, four, yellow earthenware, holding from six quarts down.
Bowls, four, white, and smooth-bottomed, holding one quart each.
Boxes, of tin or wood, for rice, tapioca, crackers, barley, soda, cream-of-tartar, etc.
Braising-pan, say of granite-ware, round and deep, with cover.
Bread-pans, two, holding six and eight quarts respectively.
Brown-bread pans, two.
Buckets or tin boxes for sugar, graham, Indian, and rye meal.
Butcher's knife.
Cake-box.
Case knives and forks, two each.
Chocolate-pot.
Chopping knife and tray.
Coffee-biggin.
Coffee-pot.
Colander.

Covers for flour-barrels.
Cups, six, holding half a pint each.
Dipper with long handle.
Dish-cloth, of wire.
Dish-pan.
Double-boiler, holding three quarts.
Double-broilers, three, — one each for toast, fish, and meat.
Dredgers, one each for flour, powdered sugar, salt, and pepper, — the last two to be small.
Dust pan and brush.
Egg-beater, Dover.
Fish-kettle.
Flour-sieve.
Fork, large.
French cook's knife.
Frying-basket.
Frying-kettle, Scotch, No. 4 (which is deep).
Frying-pans, French, polished, Nos. 3 and 6.
Grater, large.
Gravy-strainer.
Griddle.
Hand-basin.
Jagging-iron.
Larding-needle.
Lemon-squeezer.
Meat-rack.
Melon-mould.
Milk-pans, two.
Moulding-board, of hard wood.
Muffin-pans, two, of stamped iron.
Pail, for cleaning purposes.
Pans, four, deep, for loaves of bread or cake.
Pots, two, of cast-iron (they come with the stove).
Preserving-kettle, porcelain-lined.
Pudding-dish, of earthenware.
Pudding-mould, round.
Quart measures, two.
Rolling-pin.
Roll-pan, French, of Russian iron, and deep.
Scoops, one each for flour and sugar.
Scrubbing-brush.
Skewers, of steel, one set.
Spice-box.
Spoons, four, large, for mixing purposes.
Squash-strainer.
Steamer that will fit on to one of the cast-iron pots.
Stew-pans, four, of stamped tin or granite-ware, holding from one pint to four quarts.
Stew-pans, three, porcelain-lined, holding from one to six quarts.
Stone pots, — one holding ten quarts, for bread; one holding six quarts, for butter; and one holding three quarts. for pork.
Table-spoons, two.
Tea-canister.
Teapot.
Teaspoons, six.
Trussing-needle.
Vegetable-cutters, two.
Vegetable-knives, two.
Vegetable-masher.
Waffle-iron.
Whip-churn.
Wire beater or whisk.
Wooden bowl, for chopping purposes.

Utensils made of iron increase in value with use, as the surface becomes smooth. In buying them, be careful to see that they are of the best quality and are well finished. There are few things that come into the kitchen which will cause more annoyance than iron utensils of poor quality. Before being used they should be washed and be wiped perfectly dry. Then the inside should be rubbed over with some kind of fat or oil that is perfectly free of salt. Let the utensils stand for several hours before washing again. Now put them on the fire where they will be heated gradually, and then wash them with soap and water, rinse thoroughly in hot water, and wipe perfectly dry. They should be rubbed hard with a dry towel. This will make the surface smooth. If this work be done carefully, and the iron be good and the utensil well made, there will be no further trouble.

Iron utensils that are wiped with a wet cloth and then put on the stove to dry are liable to have a rough surface and to rust.

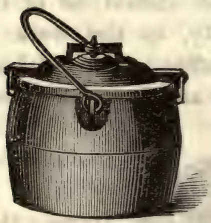
Among the iron goods used in the kitchen are frying-pans, waffle-irons, roll-pans, griddles for batter cakes, large iron pots, etc. Sometimes some of these things are so highly polished that they only require to be washed in soap and water and then rubbed dry. This is the case with what are called French fry-pans, English hammered pans, and steel-finished griddles. A good deal of the heavy iron-ware, like stew-pans, soup-kettles, fish-kettles, etc., comes with either porcelain or tin lining, in which case washing in soap and water is all that is required. For long, slow cooking these porcelain-lined or tin-lined stew-pans are quite desirable, as the article cooking can be kept at a more even temperature than in the tin or granite-ware stew-pan. Iron comes next to copper in retaining heat, yet is far below copper in this respect. But there are two objections to the use of many copper utensils, — their weight, and the danger of poisoning. Pains must be taken to care properly for such as are used. In large establishments where the special duty of one or more persons is to take charge of the stew-pans and other utensils, there is no reason why copper may not be used, provided the articles are inspected frequently. In private families where only a few servants are employed, the cook does not have the time to keep copper utensils in proper condition.

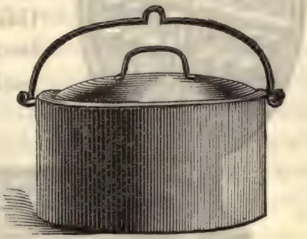
For all cooking where the process is not long and slow, nothing can be cleaner, lighter, or more easily kept in good condition than granite-ware. Its enamel, like that of porcelain-lined ware, will crack and chip off with rough treatment; but if it has proper care it will be found most serviceable.

When buying this ware examine it carefully; and if it does not seem firm in every part or if it has a flaw in the enamel, do not take it. If the utensil can be bent in any way, the enamel will crack and chip off, making the dish worthless. This is the reason why the spoons of this ware are not a success. Some persons still are prejudiced against this ware. The constant use of it for eight years has proved it perfectly reliable and the most satisfactory of all materials for kitchen utensils, — its lightness and cleanliness especially commending it.

A large proportion of utensils are made of tin. One should be careful in the purchase of tin articles to get the best. So much cheap metal is sold for a song that dealers do not find a ready sale for the best quality, and therefore even first-class houses do not keep it made up. Articles made of good block-tin will outwear half a dozen sets of the cheap, light tin that is used so freely. The best tin has a smooth and rather dull-looking surface, and is so strong and firm that it will keep its shape until worn out. It will stand great heat without the surface becoming rough. The poorer quality of tin has a more brilliant surface, which will be found upon examination to be a little rough. When exposed to great heat the tin coating melts, giving a rough, uneven surface which it is difficult to clean and to which a cooking substance clings, thus getting burned. Most utensils should be made of XX tin; at least XXX tin, if not XXXX, should be used for bread and cake pans when they are not made of sheet-iron. Tin boxes in which groceries are kept need not be of this quality of tin. Such boxes as are made for cracker-manufacturers would cost no more than the wooden buckets. One can nearly always get them through one's grocer. It is a simple matter to paint the labels on them. These can be used in the storeroom for the articles enumerated in the list on page 22. There should be kept in the pantry two tin boxes for bread, fresh and stale; two for sugar, powdered and granulated; and one for each kind of meal.

For the daily or weekly supplies for the pantry there is nothing better than glass preserving-jars. In these can be kept rice, beans, split peas, tapioca, sago, barley, vermicelli, roasted coffee, etc. A glance at the row of jars, and one sees at once the article required, — a great saving of time and thought. Then, too, the housekeeper can ascertain each morning, without opening the jars, which need replenishing. This plan of keeping groceries in sight is of the greatest advantage.

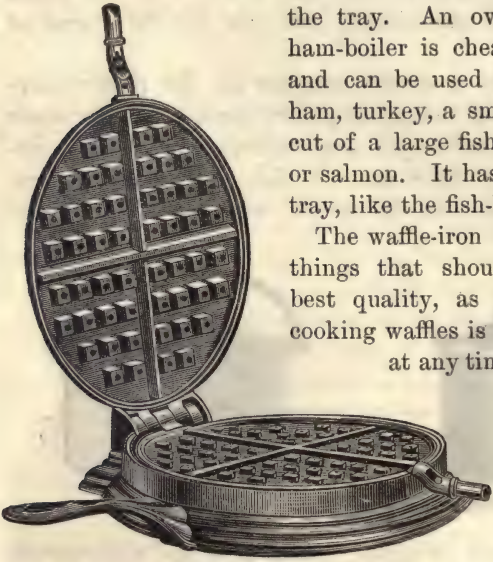

Soup-digester.


Ham-boiler.

A soup-digester, which is used in making soup, is not a necessity, but is of great value in the kitchen. If not made so tight that all the steam is kept in, one might as well use an ordinary kettle. There is a little opening in the cover, which lets the steam escape in case there should be hard boiling. Soup-digesters are made in this country, and cost about one-third less than the English; but so far they have not been made steam-tight, and are of no greater value than an ordinary kettle with a good cover. Those imported from England are well made.

A fish-kettle is almost a necessity, and is not very expensive. It is long, but light, and has a perforated tray with handles, which fits loosely into the kettle. The fish rests on this tray while cooking, and when done is lifted from the water and drained on the tray. An oval sheet-iron ham-boiler is cheap and light, and can be used for boiling a ham, turkey, a small fish, or a cut of a large fish, like halibut or salmon. It has a perforated tray, like the fish-boiler.

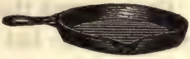
The waffle-iron is one of the things that should be of the best quality, as the work of cooking waffles is hot and hard at any time; and when the iron is too shallow, or is in a frame that lifts it too high from the fire, or when it does not fit perfectly over the opening in the stove, it causes a great deal of annoyance. Griswold's American waffle-irons are the most satisfactory. They are comparatively new.


Waffle-iron.

Nearly every family has griddle-cakes at least one or two mornings in the week in cold weather, and the question of what kind of griddle to use is often debated. One made of soapstone, when properly handled, is to most people very satisfactory. The advantage is, that it does not require greasing, and therefore there is no smoke nor odor from the cooking of the cakes, — a great consideration when the dining-room is located where the odors and smoke from the kitchen are likely to reach it. One objection to the soapstone griddle is that the cakes and muffins baked on it are not quite so tender as those baked on the iron griddle. Of iron griddles there are two kinds. First, there is the common one made of cast-iron, with very little polish. A good-sized griddle of this class can be bought for less than a dollar. Then there is a thick, highly polished kind, the surface looking like steel, which will cost three or four times as much. If one can afford it, it will pay to buy the better griddle. It is so thick and smooth that the heat is more uniform than on the thinner and cheaper iron.

Cast-iron roll and gem pans are very heavy, and it takes some use to get them smooth; but they can be heated thoroughly before a mixture is put into them, — which at times is a great consideration, — and no difficulty arises when a thin mixture is used. The Russian-iron pans are not made tight, and cannot be used when the mixture is thin enough to run freely; therefore, if a housekeeper can have but one kind of pan, it will be wise to have the cast-iron kind.

A common short-handled cast-iron frying-pan that can be put in the oven, is a necessity. After a little service it becomes smooth, and is useful for hash, spider corn-cake, baked omelets, etc.



Frying-pan.

There are three other varieties of frying-pans, which come in sets, and a housekeeper should have some of the pans in at least two sets. The most common is that called the French polished fry-pan, though it really is not a French pan. It is smooth, light, well made, and cheap. These pans may be used for various purposes. They are so smooth that the materials do not stick to them, and therefore there is little danger of burning. They are convenient to make sauces in, or for use in frying vegetables for soups or garnishes, or, indeed, for any kind of frying when the articles are not to be immersed in fat. They answer also for omelet-pans. In brief, these pans are the most useful of all utensils. They are made in many sizes. The prices range from twenty cents upward. It will be found a good investment to get a set of these pans, beginning at zero, and going as high as No. 4 or 5. The regular French pans have much deeper sides, and are of finer finish. The objection to them is that the handles are rather short, which is especially inconvenient in making omelets.

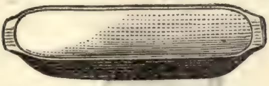
For an omelet-pan there is nothing in the market that compares with the pans of English hammered ware. They are very similar in shape to the French polished pans, but are much heavier, and the handles are longer. The marks of the hammer give the pans a rather rough appearance, but this roughness is not the slightest obstacle to perfect work. The only objection to the pans is the unfinished edges, which are sharp, and sometimes cut one's hands when washing them. The sizes and prices are about the same as those of the French polished pans.

Frying-pans that can be used for all purposes come in granite-ware; but as they are not so durable, and the heat is not so even as with iron, they are not desirable. They cost about the same as iron.

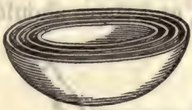
A good substitute for wooden pails is what is called wood-pulp ware. Pails, dish-pans, wash-bowls, etc., are made from this substance. They are light; there are no hoops to rust or loosen, and the pails or pans can be kept clean and dry without danger of damage.

There should be at least two chopping-trays in the kitchen. The long, deep tray, which is made of one piece of wood, will last almost a lifetime.

The round wooden bowls, though not so durable, are yet very useful, and there should be one, at least, in the pantry. The second or third size is best in a small family.

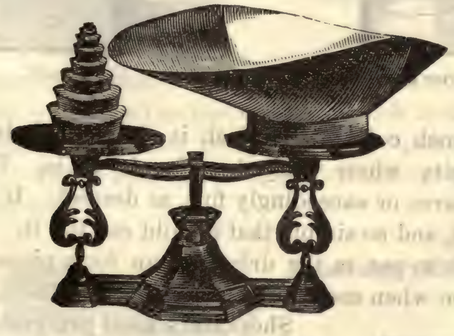


Chopping-tray.

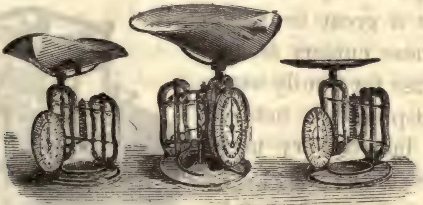


Butter-bowls.

A chopping-knife with only one blade is much more desirable than one with two. The blade should be almost straight across. When it is rounded a good deal, much time and strength are wasted in chopping.



Scales and Weights.

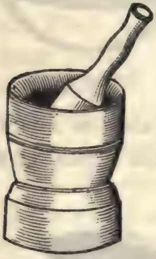


Dial Scales.

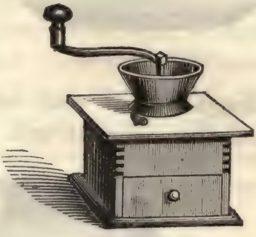
No kitchen outfit is complete without scales. Two kinds come for use in the household. The old-fashioned is the better, as there is nothing to get out of order.

These scales are more cumbersome than the dial scales, but the latter are likely to require repairing.

A lignum-vitæ mortar and pestle will last for generations, and there should be one in every kitchen.



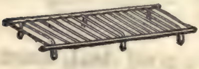
Mortar and Pestle.



Coffee-mill.

A French coffee-mill, which is simple and durable, is a necessity where filtered coffee is made. This will grind coarse or exceedingly fine, as desired. It is easily adjusted, and so simple that a child can use it.

A rack to put in the dripping-pan for a piece of meat to rest on when cooked in the oven is needful.

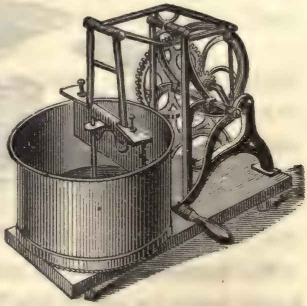


Meat-pan Grate.

Sherwood's meat-pan grates, which come in four sizes, are light, strong, and easily kept clean. They cost from twenty-five to forty cents.

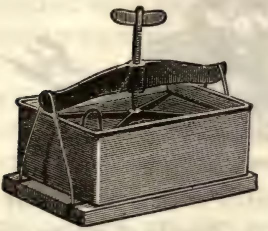
In a large family a meat-chopper is a great convenience. These cutters come in three sizes for family use.

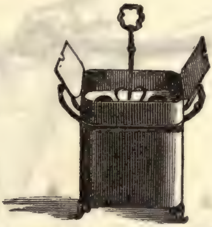
A meat-press is not a necessity, but is very useful; the meat that is pressed in it coming out as a solid piece from which slices of good shape may be cut. These presses come in several sizes.

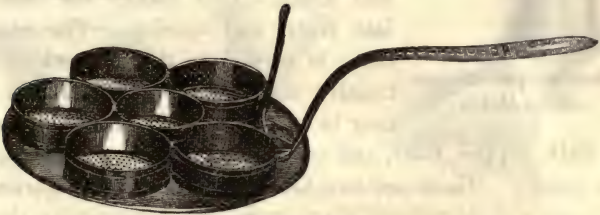


Meat-chopper.

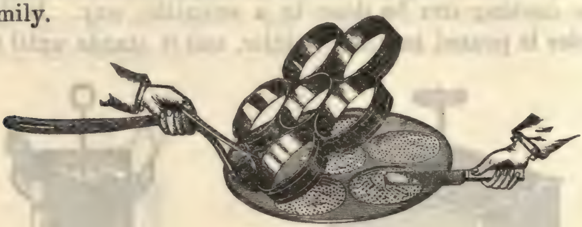
Nothing in the way of an egg-boiler has ever taken the place of the old-fashioned egg-coddler, with which the cooking can be done in a scientific way. Boiling water is poured into the coddler, and it stands until the tin is thoroughly heated. The water is poured out and the eggs are arranged in the coddler, which is then filled with boiling water and kept in a warm place for ten minutes. At the end of that time it is sent to the table, water and all.


Meat and Jelly Press.


Egg-coddler.

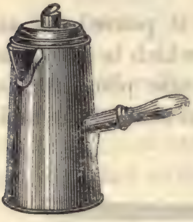

Egg-poacher.

Silver & Co.'s (41 Broadway, New York) new egg-poacher will be found of great value in the kitchen. Place it in a pan of boiling water, with a teaspoonful of salt to a pint of water. Let the water boil for two minutes; then draw the pan back where the water will hardly bubble, and break an egg into each ring. Let the eggs stand for about three minutes and they will be done. Always be sure to have the poacher hot before the eggs are put in; and it must be in the water when the eggs are broken into it. One can use muffin-rings and keep the shape of the egg round; but this new poacher is so convenient that one will hardly care to do without it, if poached or dropped eggs are a popular dish in the family.



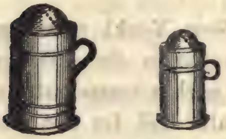
Egg-poacher.

A chocolate-pot with a muller — that is, a sort of dasher made of wood and tin, the handle of which comes up through the cover of the pot — enables one to make a fine and frothy drink. When the chocolate is made it is poured into this pot, and the dasher is worked rapidly up and down. This makes the chocolate froth and thicken. The chocolate is served in the pot, which is usually made of block tin, though it may be of plated ware or solid silver.

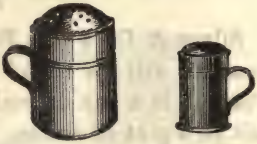


Chocolate-pot to use with a Muller.

Salt, pepper, flour, and sugar dredgers are as necessary as spoons. There are two kinds, with a great difference in price. The English dredge-boxes are made of the best of tin, with concave covers, and are well finished. These are the only suitable kinds for flour and salt.

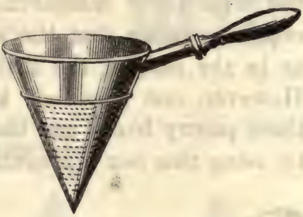


Flour-dredger. Salt-box.
English ware.

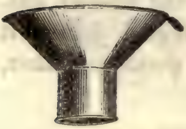


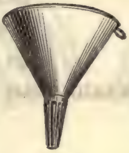
Dredge-box. Pepper-box.
Japanned ware.

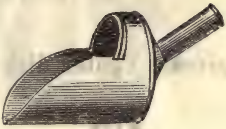
The common flat dredgers, made of common tin, usually are badly finished. They are more often Japanned than left plain. Such dredgers serve very well for pepper, but not for salt and flour. Always have a rather small salt-dredger, and have the pepper-dredgers of the smallest size in the Japanned ware. This will reduce the chances of using the wrong seasoning when one is working hastily. The distinction should be so great that there need be no doubt which dredger contains flour, which salt, and which pepper. If a dredger be wanted for powdered sugar, have it of a different size from that containing flour, and do not keep it on the same shelf.


Tapering Strainer.

A tapering strainer presents such a large surface through which material can be pressed that it saves much time, and is therefore to be preferred to the ordinary strainer.

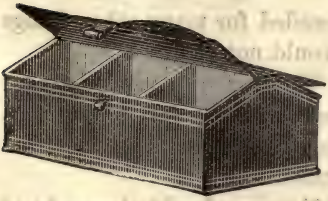

Grocer's Tunnel.


Tunnel.

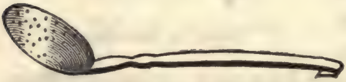

Flour-scoop.

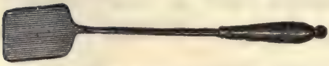
Three tunnels are needed, — a grocer's tunnel, for filling preserving-jars, and one large and one small tunnel for filling bottles, jugs, and cruets.

There should be a scoop for the flour-barrel and another for sugar.


Spice-box.

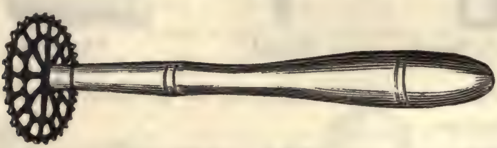
Spice-boxes are made in many forms. Little boxes labelled with the various kinds of spice are fitted into one large box. If they were well made they would be very desirable, but they are so poorly made that it is difficult to take the covers off or to put them on. The cut given on page 41 illustrates a very simple and good box with three compartments on each side; the only objection being that the spice is not protected so well as in the case of the little boxes within one large box. However, one does not keep much spice at a time in these pantry boxes, and the saving of time and patience by using this box is a consideration.

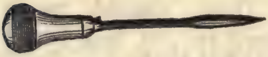

Flat-handled Skimmer.


Cake-turner.

A flat-handled skimmer is one of the things that should be in every kitchen, and also a cake-turner.

Many housekeepers prefer the kind of potato-masher shown below to the wooden one. In unskilled hands it gives a lighter dish of potato than the wooden masher, but the wooden one will be needed for many other things for which the wire masher would not answer.

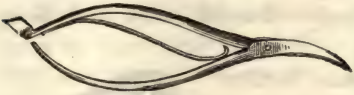

Potato-masher.


Iron-bound Ice-pick.

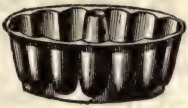
There are many kinds of ice-picks, but for general use none are better than the iron-bound one.

Skewers should always be of steel. It is well to have two sets, — a graded set for meat and poultry, and a small kind for birds.

Nothing made for opening cans is equal to sardine-shears, which with care will last for a generation.

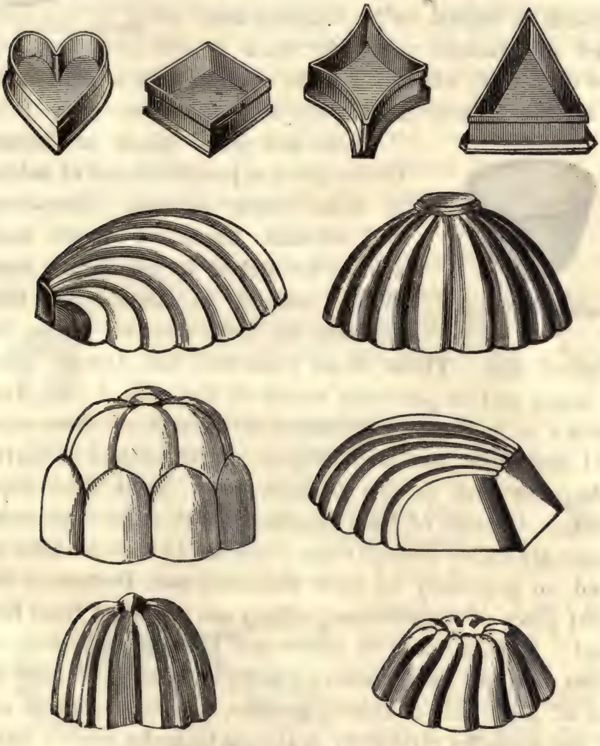


Sardine-shears.



Fluted Cake-pan.

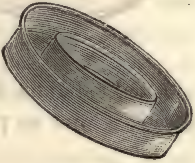
A cake baked in a fluted round pan, like that shown above, is nice to put on the table whole.



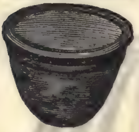
Fancy Cake-pans.

A few of each of the small moulds represented above give variety to a cake-basket. Plain cake baked in these fancy shapes is more attractive than a rich kind in one large loaf.

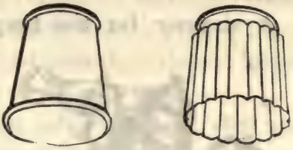
In selecting baking-pans, get those made of XXX tin or sheet-iron, with perfectly straight sides and level bottoms.


Border-mould.

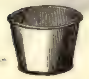
A plain round or oval border-mould will be very serviceable, as it can be used for baking cakes for dessert, for steaming any kind of forcemeat which is to be served with a garnish or ragout, or for shaping any kind of mashed vegetable, such as rice or potato, when it is to be served with a blanquette or ragout. These moulds are not expensive.


English Muffin-cup.

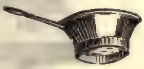
There are some kinds of batters that require a peculiar kind of baking to make them perfect. Pop-overs and various kinds of puffs must always be baked in stoneware cups. When cooked in these cups they increase to four or five times the original size. These stone cups will last twenty years or more, and be perfectly sweet at the end of that time. Brown or yellow earthenware, or even stone-china cups, will absorb fat, and soon acquire a strong and disagreeable odor and flavor; besides, they break and crack easily. Outside of New England these stone cups sometimes are called Boston cups, — probably because they are used so generally in New England, and Boston is the chief place of distribution. They are imported from England. With a dozen of them, and knowledge how to use them, one can have muffins "as light as air" without the use of a particle of baking-powder, yeast, or, indeed, any of the agencies especially designed to make breads light; eggs and the air being sufficient. F. A. Walker & Co., Cornhill, Boston, may be mentioned as among the dealers in such cups.


Dariole-moulds.

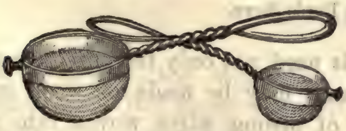
Dariole-moulds can be used for baking cakes and corn muffins, as well as for timbales and various other things. There are two qualities. The cheap ones cannot bear a high, dry temperature, such as one needs for baking corn cakes. Moreover, they do not keep their shape; and this would be a drawback when making timbales. These moulds come in several sizes, the smallest costing about $1.25 per dozen. This size is quite desirable when plain timbales are made for a company dinner or luncheon, as the contents of one mould are enough to serve to one person. Some of these shapes are imported from France. These moulds are made of the best quality of tin, and are annealed while being made. They are purchased largely by proprietors of first-class hotels and restaurants for baking corn cakes. They are expensive at first, but wear so well that it is real economy to buy them in preference to the poor tin that loses shape and becomes rough when exposed to heat and hard usage.


Corn-cake Pan.

This cut shows the French tin, which is 2 × 2½ inches.

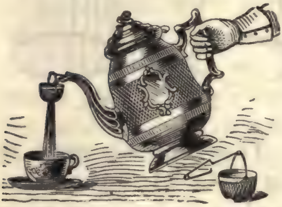

Strainer.

Besides the tapering strainer already mentioned, there should be a strainer of this shape. It should be only fine enough to keep back the seeds of small fruits, and should be quite concave. There should be a generous number of holes. Lewis & Conger, of New York, have strainers of this pattern for sale. They cost sixty cents, and are well worth that sum.


Handled Strainers.

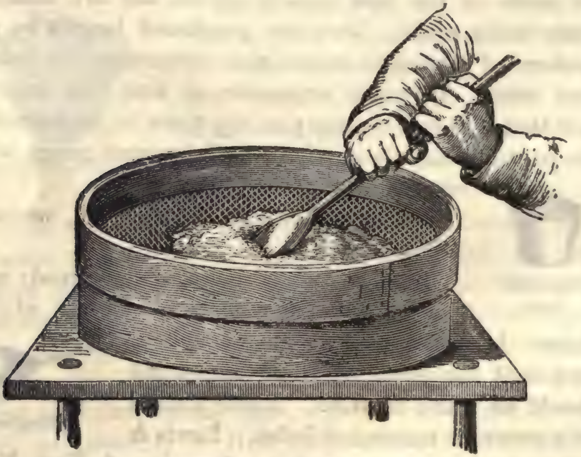
A finer strainer that can be used for liquids is necessary. These strainers are made of such fine wire that they cannot be cleaned in the ordinary way, and should be rubbed with a stiff brush.

A strainer for the teapot also will be required. It may be had in tin, silver-plated ware, or silver.



Teapot Strainer.

Purées are fashionable now-a-days. Even under favorable conditions, considerable work is required to make them ; and unless there be proper utensils for doing the work, much time will be lost and there will be a great waste of materials. A coarse and a fine sieve are needed where the best modern cooking is to be done. The coarse sieve is used not only for purées, but for force-meats. The frame may be made of wood or strong tin; the strainer, of strong wires woven into a coarse netting; this netting being strengthened by two cross-pieces of coarse wire. The substance to be strained

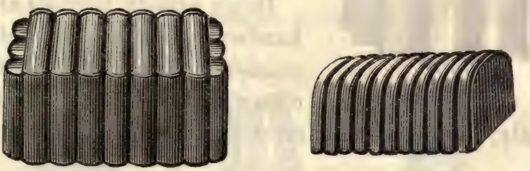


Coarse Purée Sieve.

is placed in the sieve and rubbed through with a wooden vegetable-masher. Properly used, this sieve will last a long time. Fine French sieves, for use in straining semi-liquid purées, are made of the finest woven wire. They are used only for fine cooking, and therefore should last a great many years.

The shapes in which pudding jellies, creams, etc., are cooked or chilled, may make much difference in the attractiveness of the dish. A few well-chosen forms are more to be desired than many that are neither handsome nor clearly defined. Moulds that have the designs stamped on them are comparatively cheap. American moulds of this class usually have the design at the top deep and clear; but the impression in the sides is so slight that the cream or jelly, when turned out, is found to have perfectly smooth sides.

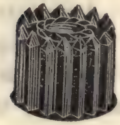
The English makers stamp the sides deep, and the mould of jelly presents a beautiful appearance when on a dish. The cost of the English goods is from one-third to one-half more than those of American make. All the handsome forms are imported. They are made of many pieces soldered together, and consequently are very expensive, costing five and six times as much as a mould of the same size on which the design is stamped. But these expensive forms are made of the best tin, and will last a great many years. Some of the finest shapes come in copper; but this is a metal in which a combination of milk and eggs, or an acid,



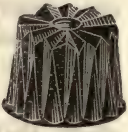
Jelly-moulds.

cannot be kept with safety for many hours. The safest and sweetest ware is earthen or china, but the finest shapes do not come in these materials. Besides, it takes much longer to cool a jelly or cream in such moulds than in tin.

The two moulds on page 47 are very desirable, as they can be used for rice, vegetables, creams, or jellies. The fluted mould is quite cheap. The cross-fluted is made of more pieces and is more expensive. It is, however, one of the prettiest moulds made.

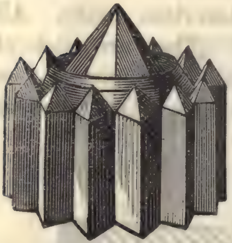


Jelly-mould.



Jelly-mould.

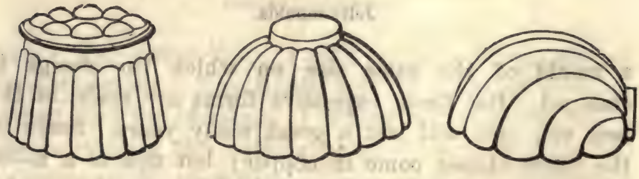
Here are simple and handsome moulds for jelly, Bavarian cream, or any kind of dessert that is served with whipped cream. It is particularly nice for imperial pudding. There are several sizes. A two-quart mould costs $1.75.



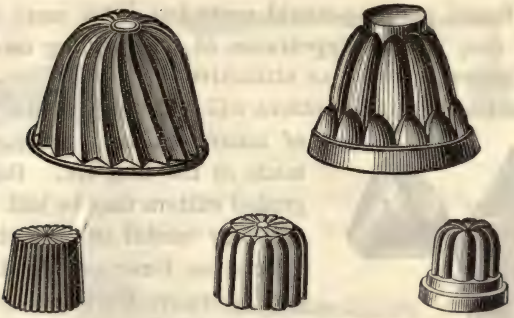
Jelly-mould.

This mould is made of so many pieces as to be costly. Beautiful effects can be produced with it; for example, a jelly, cream, or blanc-mange of three colors could be arranged in it.

Below and on page 49 are some handsome shapes in individual moulds. They are simple and cheap; good to have in a small family, or to use when sending delicacies to the sick.

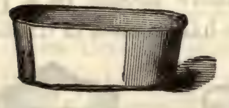


Individual Jelly-moulds.

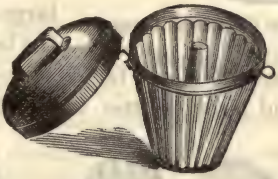


Individual Jelly-moulds.

Ice-cream moulds come in many pretty shapes. Do not choose elaborate styles for this purpose. Only professionals can pack such moulds properly.

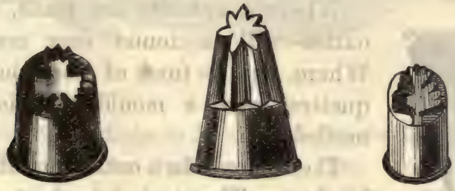


Charlotte-russe Pan.



Pudding-mould.

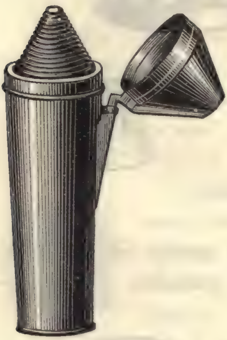
Charlotte-russe moulds are needed in the modern kitchen. They come in all sizes from half a pint upward. Those of oblong shape, with slanting sides, are the best. One rarely wants a mould of a greater size than two quarts. The quart mould, or even a smaller size, is the most useful.



Vegetable-cutters.

A fluted pudding-mould costs but little more than a plain one, yet the appearance of the pudding cooked in the former is twice as attractive.

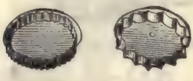
A set of vegetable-cutters will add much to the beauty of many a dish. It should be made of the best tin. Boxes of graded cutters may be had. They are very useful in stamping out vegetables, force-meat, and jellies for decorative purposes, and also are valuable for coring apples and other fruit, stoning olives, etc.



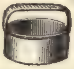
Box of Cutters or Corers.

Fluted cutters for patties can be bought in sets of two or in nests. Oblong fluted cutters for large vol-au-vents can be found at the best kitchen-furnishing stores.

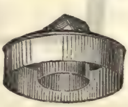
Besides these fancy cutters there should be a plain, round biscuit-cutter, two and one-half inches in diameter, and another, four inches in diameter. These answer for biscuit, patties, and ginger-snaps.



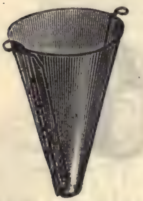
Cutters.



Biscuit-cutter.



Doughnut-cutter.

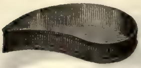


Croquette-mould.

Where doughnuts are made, a double cutter will be found very convenient. Where one is fond of cone-shaped croquettes, such a mould as this will be needed.

There should be a cutlet-mould in every kitchen. The cost is only twenty-five cents.

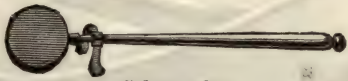
Swedish timbale-irons are made plain and fluted. The plain kind is the better; the other holds too much fat.



Cutlet-mould.

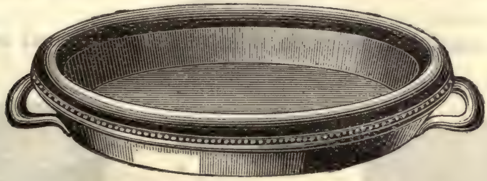
Timbale-mould.

A salamander is a round, flat piece of iron attached to a long iron handle. When one desires to brown an article quickly without putting it into the oven, the salamander is made red-hot and held over the dish.



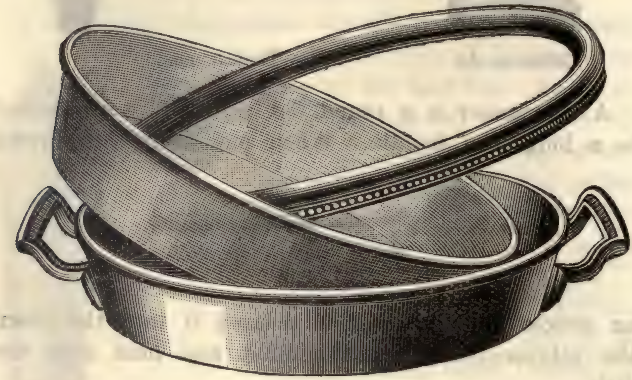
Salamander.

Genuine gratin dishes are rather deep platters, made of copper, with the inside silver-plated. They come in many sizes, and are used for cooking all kinds of fish, meat, and vegetables that are browned in the oven and served in the dish in which they were cooked. They are imported by Lewis & Conger, New York. Silver baking-dishes are used when the article to be cooked should be cooked in a deep dish. These baking-dishes are, however, more appropriate for hot puddings and soufflés. The baking is done in a porcelain-lined dish that fits into a silver frame. Beautiful fluted pudding-dishes, with a baking-dish inside, come in English china. They are, however, suitable only for puddings and soufflés, whereas the silver



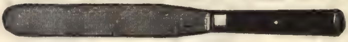
Silver Baking-dish.

dish may be used for escaloped fish, meats, or vegetables, as well as for desserts.



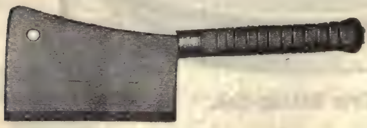
Silver Baking-dish.

A palette-knife, which costs fifty or sixty cents, should be included in the kitchen supplies. It is used to scrape mixing-bowls free of dough or batter of any kind.

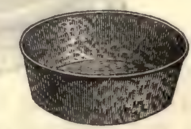


Palette-knife.

Two useful articles in a kitchen are a meat saw and cleaver.



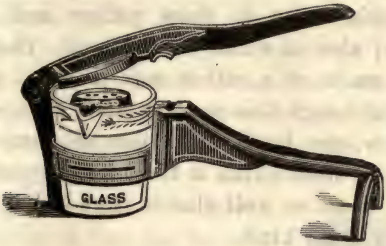
Cleaver.



Braising-pan.

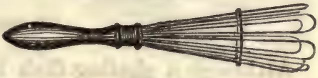
A deep, round granite-ware dish, similar to that in the cut, when covered closely with a tin cover free of solder, answers all purposes for braising.

The Dean lemon-squeezer works easily, is strong and very clean. It is a wise plan to buy one or two extra tumblers.



Lemon-squeezer.

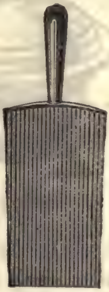
Spoons made of hard maple are light and quite strong. They come in all sizes. Some have slits cut in them, which make the spoon particularly useful for beating cake and frosting.



Whisk.

A wire whisk is necessary for beating whites of eggs and jellies, and making snow-pudding, etc. The American whisk is light, and has a wooden handle. It is not durable. The French whisk is heavy, the handle being made of wire, and wears well.

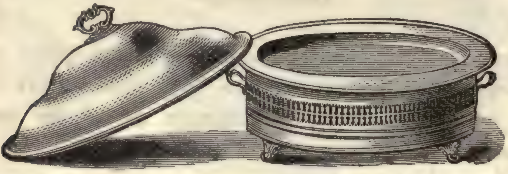
Graded measuring-cups are of great value. They are made of tin. One cup is divided into four parts, so that fourths, halves, and three-quarters can be measured accurately. The other cup is divided into thirds. There are several patterns of these cups. Get those which are gauged by the old-fashioned beer-measure.



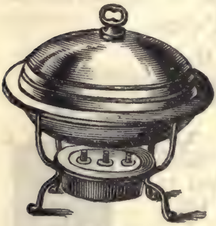
Creased Hands for Shaping Butter.

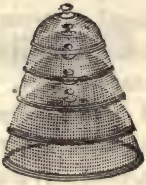
A pair of creased wooden hands, for making butter balls, should be included in the outfit of the kitchen. With a little practice, butter may be shaped in many pretty forms, so that the dish will look very nice on the table. Be particular to select hands with fine grooves, as they give much better results than those with coarse grooves.

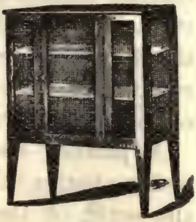
Mixing-bowls come in deep yellow and light buff earthenware; also in white stone-china. The deep yellow ware is made of a rather soft material and breaks easily; and although this ware is much cheaper than the lighter yellow, one hardly practises economy in buying it. The white stone-china is the most expensive of the three, but it wears so well that it pays to buy it in preference to any other kind.


Chafing-dish.

Although a chafing-dish is not a necessary utensil, it insures perfection in serving many little dishes, like venison steaks, oysters in many forms, Welsh rarebits, etc., and is desirable on that account. These dishes come in the best quality of tin and in plated ware. The first cut gives the best-shaped dish. This may be used for many things which must be served very hot. The wick of the lamp should be kept rather low, so that the heat shall not be intense. The dish shown in the second cut is cheaper, yet quite good.


Chafing-dish.

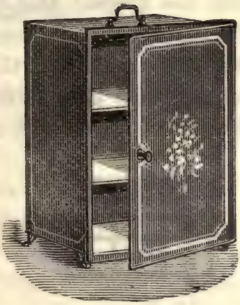

Wire Dish-covers.


Meat-safe.

Wire dish-covers are serviceable when food is put away on plates.

In some parts of the South where there are no cellars, and at the North where food is kept in an open cellar or in a cold room, a meat-safe is needed. The circulation of air is perfect, and the contents are protected from mice and cats. These safes usually are supplied with locks and keys.

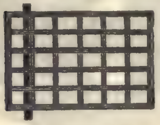
Upright cake-boxes, with shelves, are the only kind that can be used with satisfaction. They are pretty expensive, however, costing from $2.25 to $3.75.


Cake-box.

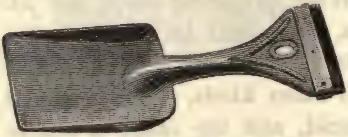
When preparing soups and jellies, there will be required, besides the tin and wire strainers, two other kinds, — one made of flannel, and the other a coarse sort of napkin. The flannel strainer, which should be in the form of a bag of triangular shape, should be made of a square of rather coarse white flannel, and have four pieces of strong tape sewed on at the opening, so that the bag may be hung from a frame or two chairs. Napkins costing about $1.50 per dozen are about right for use in straining soups and jellies. Buy at least half a dozen at a time. Have them washed twice, with a hard rubbing, to get out all the dressing. It is a good plan to use the napkins in some way before the second washing, so much that a thorough rubbing will be necessary. Liquids will not pass through while the dressing remains in the fabric.

When a filter will not work well, water may be strained through a flannel bag as it comes from the faucet. Have three or four small square bags made of coarse white flannel for this purpose. Cotton and wool may be used instead of all-wool cloth. Make a rather broad hem at the top, through which put a strong tape about half a yard long. This bag can be put on the faucet and fastened firmly with the tape. One will not like to drink unfiltered or unstrained water after seeing one of these bags which has been used for a day.

Besides the cooking utensils, many other articles are needed for furnishing a kitchen properly. There should be a strong coal-hod, but be careful that it is light and not too large. Many persons are considerably injured by lifting heavy hods. Then a poker is wanted, — one with a long flat end that will cut through the coal when it is used. It should have a riveted iron handle; wooden handles soon become loosened.

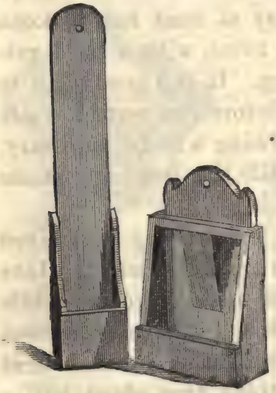


Sink-rack.



Sink-shovel.

A wooden sink-rack, on which to place the dish-pan, is a desirable article. Sink-cleaners — strips of rubber fastened into frames — are so useful that one would not like to do without them after a trial; and a sink-shovel also is a convenient thing to have.

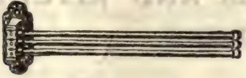


Kitchen Knife-boards.

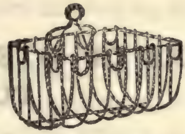
A knife-board, which will hold Bath brick and cloths, and can be hung up, is so cheap that every housekeeper should have one.

Have a towel-rack fastened near the range. It will be especially convenient on rainy days when the dish-towels cannot be dried in the open air.

A wire rack should be fastened over the sink in which to keep the various brushes which are used to keep strainers, purée sieves, tables, etc., clean. As nothing cleans wood-work and tiles more thoroughly than a sponge, a large coarse sponge also should be kept in this rack.



Towel-rack.

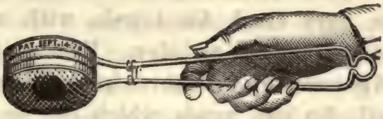


Wire Rack.

A German heath sink-brush is clean and strong, besides being inexpensive. One should always be kept near the sink.

Have a good clock in the kitchen, even if something else must be sacrificed for it. Many folk think that any kind of a timepiece will do, and others have none at all. Cooking cannot be done properly without a good clock as an aid.

A soap-shaker is a convenient and economical utensil to have in both the kitchen and china-closet. All the small pieces of soap can be saved and used in this shaker, and there is no danger of soap sticking to the dishes, as it does sometimes when a large piece of soap is put into the pan with the table-ware or cooking-utensils.



Soap-shaker.

Ash and garbage barrels should be made of galvanized iron. The coal-sifter should fit over the ash-barrel, which, of course, is to be kept where it is most convenient for emptying. The garbage-barrel should not be so large that it cannot be handled easily.

Ash-barrel.

CARE OF UTENSILS AND KITCHEN FURNITURE.

Much of the flavor, delicacy, and wholesomeness of food depends upon the proper care of the utensils used. Besides, utensils which are properly cared for will last much longer than those which are not.

Sand is used in many kitchens for scouring tins, tables, and floors. It is good for unpainted tables and floors, provided it be carefully washed off, but it never should touch tin or granite ware. Every kind of utensil — tin, iron, wood, etc. — should be washed and wiped as carefully as the dining-room china. Many housekeepers do not provide proper towels for the kitchen. They think of the utensils as coarse things, and provide only coarse, hard crash for towels, with which dishes cannot be wiped smooth and dry. Every kitchen should be provided generously with three kinds of towels,— some of soft crash, for the hands, which can be made to go over a roller, or have tapes at the ends that they may be hung on hooks; a dozen, also of soft crash, made about a yard long, for the dishes, from plates and bowls to saucepans and iron pots; and half a dozen of coarser texture, yet not hard and unyielding, for use about the range when lifting hot utensils. The towels mentioned last should be about four feet long. Unbleached cotton and linen are good and cheap material of which to make them.

Housekeepers may think that it is a piece of extravagance to buy these large towels for lifting utensils, but they are really as necessary as the dish-towels. The small padded holders that many people use are both inconvenient and unclean, because they are not washed as soon as soiled, as in the case of the stove-towel. These towels are made long so that they can be used in putting large pans into the oven and taking them out of it.

Having enough towels, and a plentiful supply of soap and hot water, there is no reason why dishes should not be sweet and clean. Be as generous with soap as you are with towels. Greasy dishes cannot be washed without it.

Every dish must be scraped free of particles of food. As soon as you are through with a bowl or pan, fill it with water, that the substance prepared in it shall not harden on the surface and make your work ten times as difficult and long as it should be.

When ready to wash the dishes, half fill the dish-pan with water as hot as you can bear your hand in. Have a second pan half filled with water that is even hotter. Shake soap in the first pan until strong suds are formed; then begin washing the dishes, rubbing well with the dish-cloth every part, inside and out. When about eight or ten dishes have been washed, rinse them in the pan of clean hot water and drain them on the inclined grooved board beside the sink; or if you have not that, an old tray will do. Wipe them dry with a clean soft towel; and if the utensils be tin, granite-ware, or iron, place them near the fire — but not in a very hot place — for a few minutes, to insure their being perfectly free of moisture before they are put away. If all the utensils be treated in this manner, even the iron pots would not soil a cambric handkerchief.

The tinware, granite-ware, and frying-pans will need scouring frequently. This should be done whenever a dish looks rough or dull, or when soap and water will not remove all traces of the food prepared in the dish. For this purpose there is nothing better than Sapolio, which cleans without scratching. Many housekeepers complain of the expense of this article; but if it be bought by the box it will be found comparatively cheap. Where the cost of Sapolio is an objection, soap and powdered Bristol brick may be used. This is not so convenient, and therefore the dish will not get cleaned so often as it would if it were only a matter of rubbing a cake of Sapolio on a dish-cloth and then on the article to be cleaned.

When washing wooden-ware, like chopping-bowls, moulding-boards, etc., never dry them by the fire. They warp and crack when exposed to dry heat while they are wet.

Sometimes the most careful washing will not wholly remove the flavor or odor of food from the utensil in which it was cooked. This is frequently the case with fish, onions, cabbage, etc. After any of these articles have been cooked, wash the utensil carefully with soap and water. Now nearly fill it with cold water, and for each quart of water add about a table-spoonful of dissolved washing-soda. Place on the fire, and let the water get boiling hot. Now turn this water into the sink. Rinse the utensil with clean warm water, and on wiping it dry it will be found perfectly sweet.

In washing dish-towels, brushes, the sink, etc., dissolved soda will be found most useful, cleaning and sweetening all that it touches. It should be kept in a large olive-bottle or preserving-jar, and should be labelled "Washing-soda." To prepare it, put one pint of the dry soda in a saucepan, kept for this purpose, and add to it three quarts of boiling water. Let this mixture stand upon the stove, stirring it frequently, until the soda is dissolved. When cold, put into bottles.

It may be said, in passing, that this preparation, when hot, is an excellent agent for cleaning and sweetening the plumbing in the house. Pour a pint of the hot liquid into each bowl, basin, and sink about once a fortnight. As the liquid unites with grease, it keeps the kitchen sink-pipes free of greasy deposits. It is well to buy this soda by the quarter-barrel. It is extremely cheap when bought by the quantity. The housekeeper should attend to the dissolving of the soda herself, and be careful that none of the solid article is taken from the storeroom by anybody else, because it might be used improperly in laundry work or for other purposes.

Every kitchen should be supplied with soft soap. This can be made once a month with very little trouble. It is almost impossible to keep unpainted tables and floors perfectly clean without it.

Steel knives and forks should be cleaned with Bristol brick after each meal.

Some kitchens have what is considered as a convenience in the form of a scullery, where the dishes are washed, the vegetables prepared, etc. They are not desirable in any house, large or small.

The garbage pail or barrel should be washed once a week. Monday, when there is plenty of hot suds, is a good time for this. Scrub the pail with the suds, using an old broom for the purpose. Now rinse with clean hot water, to which has been added half a cupful of dissolved soda. Drain, and dry in the sun. Wash the cover also.

The care of the refrigerator is very important. Every shelf should be taken out twice a week, and every part of the refrigerator, except where the ice is kept, should be washed and carefully wiped dry. The ice compartment need be washed only once in two weeks. The greatest care must be exercised in examining and washing the refrigerator, else a bit of meat or fish, or some other substance, may lodge in a corner or in the pipe, and taint the entire contents. The waste-pipe of the refrigerator should not be connected with the sewer-pipe. If one wish to have the water carried off by the sewer, have it drip from the pipe in the refrigerator into a tunnel that is fitted to a pipe connected with the general waste-pipe of the house. Then there will be a current of air between the refrigerator pipe and the tunnel. A plumber will show you where to have a trap placed.

The stove or range requires careful and scientific use, if one would get the best results with the smallest amount of fuel and the least expenditure of time and patience. It is marvellous what good work a stove will do under all sorts of bad treatment. Every housekeeper should make herself familiar with the construction of her range. The same general principles are observed in the making of all stoves, but each manufacturer has some peculiarities of construction. The general principles are these: to have a free draught, causing the fuel to burn easily and quickly, and to have dampers that will so control this draught that the fuel shall burn quickly or slowly as one may desire. Perfect ranges have several dampers and checks, because the hot air is not carried in one straight channel, but must be distributed throughout the range, — on the top, the bottom, and sides of the ovens, and also on the top of the range, where the boiling, frying, stewing, etc., are done. There must be several flues to carry on this distribution, and each set should have a damper. A damper usually is an iron rod, to which is attached a flat piece that acts as a door to the flue. The turning or pulling backward or forward of the iron rod opens or closes the flue. When the door is opened the hot air is drawn into the flue and carried through a certain space in the range; consequently this part is hotter than any other except where the fire is burning.

Now, it must be remembered that the hot air carries with it fine ashes, a part of which lodge in these flues and ultimately so clog them that only a small quantity of air can pass through them; hence the necessity for frequent cleaning. With every modern range there comes a card of instructions, which should be preserved. It tells how to regulate the fire by means of the draughts and dampers, and how to clean the flues. On getting a new range a housekeeper should remove the covers and, as she reads the printed instructions, work the dampers until she becomes perfectly familiar with their positions when open and when closed, and the probable effect on the fire in each case.

There is one draught that is to be kept open only while the fire is being started. As soon as the smoke passes off this damper should be closed. Remember that it is not to be kept open until the fire becomes clear and red, but only until the smoke passes off, — say for ten or fifteen minutes after the fire is lighted. This damper does a great deal of mischief, because its office is so poorly understood. It opens and closes the flue that is connected with the chimney, so that, when open, the draught is great, the fire burns rapidly, the top of the range is hot, often red, and a large proportion of the heat passes into the chimney. The oven is never hot while this damper is open, and the coal burns out in less than half the usual time. It will be seen that this is the most important damper, and that it is necessary to close it very soon after the fire is lighted.

After coal has been burning bright and clear for an hour or two it begins to have a white look, and the heat given out is not half so great as at first. Under ordinary circumstances, a coal fire should last three or four hours without being replenished, and this with cooking going on all the while. This depends, however, upon the proper use of the dampers and checks.

If the following rule be observed there will be a great saving of patience as well as coal: Close the smoke-damper as soon as the fire begins to burn. When the coal is nearly all bright, close all the other draughts and dampers unless a very hot oven be required, in which case let the slide at the bottom of the grate remain open. Just as soon as the oven or the top of the range is required less hot, close all draughts and open the checks. When greater heat is required, open the draughts and close the checks again. It is really like using an organ; when soft, low tones are required the stops are closed, but as one wishes to increase the volume of tone the stops are opened.

Following this rule, the writer has frequently used a fire for six hours without replenishing it; one hod of coal being put on at the start.

The range should be washed off with soap and water, and then rubbed with a stove-brush. The top may be blacked, but the hearth and sides should only be washed and brushed, as blacking would soil dresses and aprons.

Good modern stoves are made in such a way that ashes and cinders can be taken out without making much dust. Now, in making a fire, first collect in the grate all the ashes and cinders from the top of the stove; then put on the covers, shut the doors, and dump the contents of the grate into the ash-pan. Remove the ash-pan and empty its contents into the sifter; then return the pan to its place, and close the door. Put shavings or paper into the grate, and place on top several pieces of light wood, crossing them, so as to cause a draught of air through them. Add three or four sticks of hard wood, and set the shavings on fire, opening all the draughts in the stove. As soon as the wood begins to burn, cover it about six inches deep with coal. Watch the fire to prevent the coal from burning too red; but just as soon as it begins to take fire, close all the oven dampers, keeping open only the slide in front of the grate.

Be careful that the coal does not come above the lining of the stove. A different practice will result in a waste of fuel; and besides, the fire will not be so bright and clear, because the draught will not be so good. When you are not using the fire, keep the dampers closed. It will be ready when needed, and the draughts can be opened then.

If, after dinner, you wish to have a clear fire for baking purposes, let the fire burn quite low; then remove all the covers, and with a long poker, rake the coals from one end of the grate to the other. When all the ashes have been raked down in this way, and all the coal has been separated, put two sticks of hard wood into the stove, and fill up with fresh coal. Then the fire will be quite as good as if freshly made. When you wish to keep just enough fire to make tea and toast, put on cinders after dinner, and shut all the dampers until twenty minutes before the fire is again needed. Reopening the draughts will quickly rekindle the fire.

ABOUT FOOD.

MARKETING has been treated so fully in "Miss Parloa's New Cook Book and Marketing Guide" that there is no occasion for an exhaustive article in this volume. But new ideas constantly come to one who makes a study of matters pertaining to the kitchen, and it seems worth the while to record some of them here.

Fashion affects food as well as clothing, and many articles in the market that may have no great value as a food command exorbitant prices simply because they are in fashion. For example, time was when sweetbreads were almost given away; now they are rarely sold for less than thirty cents a pair in large cities, and in winter they often bring $1.50. At present, calves' brains sell at ten cents a pair; but as they are becoming fashionable, doubtless they will in time be worth a quarter of a dollar. With vegetables and fruit it is different, because when fashion creates a demand for an article, gardeners quickly give special attention to its cultivation, and the increased demand is met by an increased supply, and prices become lower instead of higher. Good sense, as well as fashion, dictates a free use of fruits and vegetables, and our markets are well stocked with them all the year round. Prices, too, are reasonable.

VEGETABLES.

Cauliflower.

This vegetable, which used to be so expensive, is now so cheap in the late summer and fall that the poorest man can indulge in it, and besides being cheap at that season, it also is large and perfect. It is found in large markets at any season, but in the spring and early summer the heads are small and costly. It is a pity that so few people know how to cook this delicious vegetable. When bought, it should be white and firm, and the green leaves surrounding it should be crisp. It always improves the cauliflower to soak it in a pan of salted cold water — one table-spoonful of salt to two quarts of water — for an hour before cooking. This will freshen the vegetable, and draw out worms or snails, if there be any concealed in the leaves or head.

Asparagus.

Asparagus is now bleached in somewhat the same manner that celery is. This is the fashion in New York and its vicinity; but it is an unfortunate fashion, for the vegetable does not compare in flavor or tenderness with the old-fashioned green asparagus. This vegetable used to be good until about the last of June, after which it became "woody." Now, however, it comes earlier and stays later, being tender and delicate until the first of August. This is such a delicious and healthful vegetable that it is a pity we cannot extend its season still more.

Brussels Sprouts.

This vegetable, so scarce and expensive a few years ago, is now quite common in our large markets. It is raised in this country and also is imported from England. It belongs to the cabbage family; grows from three to five feet in height, and produces from the stem small heads resembling miniature cabbages. The stalk is usually covered with these little heads. The top of the stalk terminates in a large head similar to a cabbage.

Brussels sprouts should be compact and firm, like heads of cabbage. The loose heads will prove unsatisfactory. The sprouts should be fresh and crisp. The outer leaves are taken off, and the firm heads are soaked in salted cold water for an hour before cooking.

Broccoli.

Broccoli closely resembles cauliflower, and is treated in much the same manner. It does not grow so well in this country as cauliflower, and therefore is not cultivated to the same extent.

Salsify.

This is found in the market the greater part of the year. Its root is the part eaten, and it is about the shape and color of a parsnip, but much smaller. Salsify is sold in small bunches. It is a cheap and delicate vegetable, and can be served in many ways.

Kohl-Rabi.

This is sometimes called turnip-rooted cabbage. When this root is cooked it is treated like a turnip, and the result is a dish with a flavor between that of a turnip and a cabbage. Kohl-rabi can be kept through the winter.

Sweet Spanish Peppers.

The large sweet Spanish pepper is now used while green as a vegetable. It is much milder than the common bell-pepper, although they look so much alike that it is often difficult to distinguish them. They are generally stuffed and baked. The ripe pods may be dried and kept for seasoning many dishes which are improved by the peculiar pungent flavor given by the pods.

The Egg-Plant.

This vegetable can be found in the market the greater part of the year. It is in perfection through the summer, fall, and early part of winter. Like most of our vegetables, this is supplied to the North by the South in the early weeks of summer, and later in the season the North reciprocates. The egg-plant is popular and cheap, and when properly cooked is delicious.

Okra.

This is found in the market nearly all the year. Always highly prized at the South, it is becoming more popular at the North every year. It is delicious as a vegetable or in soup. The price varies considerably with the season and supply. The pods should be green and crisp.

Celeriac.

This vegetable is sometimes called German, and sometimes knob, celery. It is an irregular brownish root, and is used as a vegetable and as a salad. It is cheap, and keeps well for winter use if packed in sand or earth.

Shallot.

The shallot belongs to the onion family. The large bulb is made up of a number of small ones, which are called cloves. This plant has not so strong an odor as the common onion, and for that reason is preferred by many in soups, sauces, and salads.

Garlic.

Garlic is like the shallot in many ways. The root is composed of numerous small bulbs, which are called cloves. They are smaller than the cloves of the shallot, and the flavor and odor differ somewhat.

Rocambole.

This vegetable is very much like garlic, but is milder.

Spanish Onions.

It is only a few years since the Spanish onion was found only at fruit-stores. Now it can be bought in all the markets. It is a large white onion, very delicate in flavor and odor. Cut in thin shavings, it is used by itself as a salad, or is mixed with other vegetables to give a delicate flavor of onion. It also is served as a vegetable, fried, boiled, or stuffed and baked.

Escarole.

This vegetable is used principally as a salad. The leaves should be broad and crisp. Escarole has a bitter taste. It is particularly good in winter as a salad, either served alone or mixed with lettuce. The French esteem this as one of their best salads. Each year it is becoming better known in this country, French gardeners introducing it into the city markets.

Barbe de Capucin, or Monk's Beard.

This is a variety of escarole. It is grown in dark places, such as cellars or vaults. The leaves are long, narrow, tender, and almost white. The flavor is a pleasant bitter one. The vegetable makes a nice salad by itself, or may be mixed with lettuce, sorrel, etc. It is sometimes served in fish sauce or as a garnish for fish. Barbe de Capucin and escarole belong to the endive family. Either makes a most desirable salad to serve with game.

Cress.

There are two kinds of cresses, — the garden cress and the water-cress, which is grown in water. They are found in the market from early spring until very late in the autumn. Cresses by themselves make a delicious salad; or they may be combined with young onions, cucumbers, or tomatoes. Sometimes, too, they are served with a simple dressing and a few green herbs.

Sorrel.

Sorrel is a vegetable that is particularly grateful in the spring and early summer. It is found in the large markets as early as February and March. This cultivated sorrel is much larger, milder, and tenderer than the wild plant which grows all over the country. But a little of the wild sorrel is often a great addition to a salad, sauce, or soup. That which is found around flower-beds is usually large and tender.

Fetticus.

This vegetable is sometimes called lamb's lettuce, and sometimes corn salad. As a salad, it is not so pleasing as those already mentioned; but it is one of the earliest green salads and is usually quite cheap.

Chervil, Borage, and Tarragon.

These are all excellent herbs for use in salads, soups, and sauces. They may be found in the large markets from early spring until late autumn. They can be raised in the garden with the common herbs, such as parsley, thyme, sage, etc. When chervil and tarragon are in season, break up a small bunch of each — they will cost five cents apiece — and put into two wide-mouthed bottles. Now pour into each bottle about one quart of vinegar. Put on the covers and set in a cool place. At the end of a month strain off the vinegar, and you will have tarragon and chervil vinegar ready for use in salads or sauces.

While the herbs are fresh and cheap, tie up a bunch of each and hang in the shade to dry. They will add much to the flavor of soups and sauces in the winter.

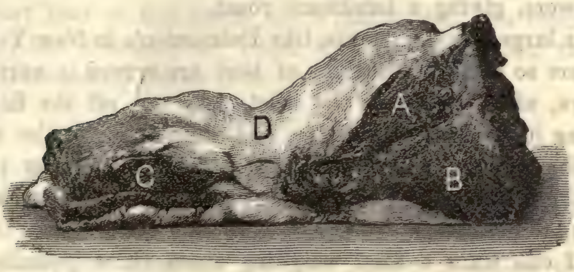
FRUITS.

Fruit is an important item in the housekeeper's list of supplies. Being of a perishable nature, judgment and care must be used in the purchase and use of it. If one have a cold, well-ventilated cellar, many things — such as apples, oranges, and pears — may be bought in quantity when cheap. But it is better to buy most of the fruits only as they are required for the table. When berries are in season it is best to buy only what is required for each day, unless one be at a distance from the markets. Strawberries, blueberries, and blackberries keep about equally well; raspberries are the most perishable of all our common fruits. You may put them in your cellar or refrigerator at night, expecting to find them firm and bright in the morning, and you will often be sadly disappointed to find them one mass of mould. When purchasing these berries for preserving, have all your plans so made that you can do the work as soon as the berries are brought home. This is the only way in which to be sure of saving all. Other berries will keep well for a day or more.

To keep fruit, avoid crowding it. The boxes or bowls containing it should not be covered, and the room should be cool, sweet, and well ventilated. Washing fruit mars the flavor and softens the fruit, and it will not keep so well. To some tastes fruit is more palatable if it has been sprinkled with sugar and has stood for some hours afterward. Berries, however, should not be treated in this way unless it be necessary to do it in order to keep them for a few hours, because the sugar draws out the juice. Grapes, bananas, pears, watermelons, cantaloupes, and pineapples all keep well in cold places, and should be thoroughly chilled before they are served.

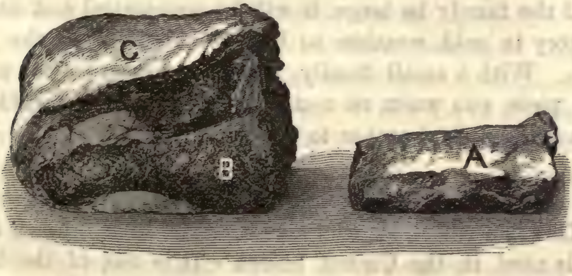
MEATS.

Among the various cuts of meat there are some which are well known only to a few butchers and caterers. In many small towns butchers do not know what the fillet of beef is; and although they may know, they frequently are unwilling to cut it out for a customer, because it injures the sale of the rest of the piece. In a small part of the United States the hind-quarter of beef is so cut that what is called a "short fillet" can be, and is, taken from one of the cuts without loss to the buyer or the seller of the rest of the cut from which it is taken. This is often done in Boston. This short fillet is cut from the rump, and rarely weighs more than two pounds and a half. The price is seldom more than thirty-five cents a pound. When a fillet is cut from the loin the price charged is from seventy-five cents to a dollar a pound; and even at that price it does not always pay the butcher to sell it, because for most customers it spoils the roasts or steaks that are left.



Sirloin Roast.

A, Tenderloin. B, Back of Sirloin. C, Flank. D, Suet.



Sirloin Roast, with Tenderloin Removed.

A, Tenderloin. B, Back of Sirloin. C, Flank.

In a large or moderate-sized family it is not a bad plan to buy a large sirloin roast, as the fillet can be cut out and used for one dish, and the flank be used for braising, stewing, soup meat, etc. Or, the flank may be left on the roast, folded over the place from which the tenderloin was taken, and then fastened firmly with skewers, giving a handsome roast.

In large establishments, like Delmonico's in New York, where so many tenderloins of beef are served in various ways, after removing the fillet, they cut off the flank, using it for divers purposes, and then they cut the rest of the joint into steaks, freeing it from the greater part of the backbone. These pieces are called "short steaks," and are delicious.

If one want a fillet weighing about three pounds, — enough for a party of twelve, — get the first cut of the sirloin, as this part has the thickest tenderloin. If the cut be from a heavy animal, eighteen pounds will give about three pounds of tenderloin. This piece would cost, at 25 cents per pound, $4.50. If the three pounds of tenderloin were bought separately, the lowest price would be $2.25, and in all probability it would be $3. Besides, a butcher will not always sell the tenderloin.

If the family be large, it will be economical and satisfactory in cold weather to buy the first cut of the sirloin. With a small family, it will be better to buy only the piece you want, no matter what the price, provided you can get the butcher to cut it.

Entrecôte Steak.

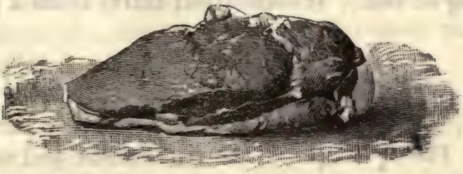
This is a rib steak, and one that is little known and little used in the United States. It is one of the best steaks in the animal. The meat that is cut with one rib will give two steaks. Cut the meat from the backbone and the rib by slipping a sharp knife between the bones and flesh. Stop where the flesh becomes thin on the rib, and cut across the end of the meat. Now cut the piece of clear meat into two steaks. The backbone and ribs may be used for soups or stews.

Chuck Steaks.

Another steak that is frequently cut to take the place of the round steak is the chuck steak. This is cut from the chuck ribs. It makes an excellent cheap steak. It is about four or five cents less a pound than the round steak; but this does not make it any cheaper than the round, because there is so much bone in it.

Fricandeau of Veal.

This is another cut that it is difficult to get the butchers to give you, even when they know what it is and how it is obtained. There is the same objection to cutting this piece from the leg that there is to taking the tenderloin from the sirloin of beef; namely, it spoils the piece termed the fillet. The fricandeau consists of that part of the leg of veal called the cushion or mousepiece, and which the French call the *noix.* It is what in a leg of beef would be called the top of the round. It costs about thirty-five cents per pound. Three or four pounds is about the average weight of a good-sized fricandeau. It should be cut about four inches thick, and a large piece of the fat called the udder should be left on it. A wooden vegetable-masher should be dipped in cold water, and the fricandeau be beaten flat until it is only about three inches thick.

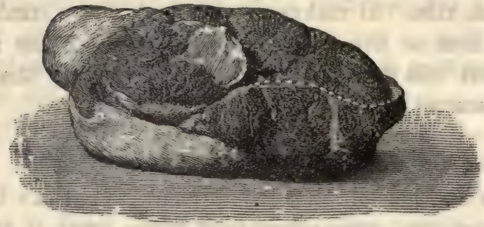


Fricandeau of Veal.

Fillet of Veal.

The entire fillet of veal, or a piece from the shoulder, is frequently used for a fricandeau, but it does not give the same result that the cushion gives.

The fillet of veal is the cut from the upper part of the leg. It includes all the upper part, and may be from four to six inches thick. Only one good fillet can be cut from a leg of veal. It costs about thirty cents a pound.



Fillet of Veal. — Part above dotted line is the fricandeau.

Veal Cutlets.

These are often cut from the leg, and many persons are unacquainted with cutlets from any other part of the animal. The rib chops are the true cutlets, and are much more tender and savory than those obtained from the leg. They are cut and trimmed like a mutton-chop when it is taken from the ribs; but as they must be cut thinner, there are three cutlets to two ribs, — that is, there are two cutlets with the rib bones and one without any bone. Have all the trimmings from these cutlets sent home for the soup-pot.

Porterhouse Chops.

These chops are but little known, but they are very popular with gentlemen who try them once. They resemble English chops. This is the way they are cut: Trim nearly all the flank from a loin of mutton. Now, about one inch from the end of the loin, saw through the backbone, being careful not to cut into the meat. Move the saw one inch farther up the loin and cut through the bone again, and then cut the chop off with a sharp knife. This gives a chop two inches thick, with the bone sawed in two. Now take a sharp knife and cut out half of the bone, being careful not to cut the meat too much. Trim off some of the fat; then place the chop on its side, having the side in which the bone remains come under. Give it two or three blows with the flat side of the cleaver, and it will be flattened out to resemble a large English chop and be about one inch thick. Any butcher should be able to cut such chops by these directions.

It is very important, when trimming off the fat, to do the work in just the right way. Having the fatty side of the chop nearest you, cut away from the centre so as to leave a ridge of fat extending the length of the chop; yet all parts of the back of the chop should be covered with at least a little fat. When the meat is pounded it will be seen that the fat does not spread readily, and that but for this careful trimming, the chop would look over-weighted with fat.

Mutton.

The strong taste in mutton to which people often object is largely due to a lack of proper care in trimming and cooking the meat. This flavor, instead of being a quality belonging to the lean part of the meat, is almost always given by the fat. Frequently, when the sheep are skinned, a thin membrane to which a little wool clings, is left on. It is hardly perceptible unless closely examined. This is what gives that rather unpleasant flavor to some properly cooked meat.

A thin shaving of fat should be taken off every piece of mutton, whether it be a chop, leg, or loin. A very sharp knife will be required for this operation.

Another cause of the taste so disagreeable in mutton is, that it is often fried instead of broiled; or if it be "roasted," it is put into a dripping-pan without a rack or grate under it, and it stews in its own fat instead of being roasted. Even a delicate piece of spring lamb can be made to taste strong and disagreeable by this method of cooking.

Tongues.

Every one knows the value of a beef tongue, but few people realize how delicious a calf's, sheep's, lamb's, or pig's tongue may be. There is so little demand for them that they are cheap. Get those which are plump, firm, and rather white. When they look dark and flabby they have come from a poorly fed animal, and will be found tough and without good flavor.

These small tongues may be put in brine for a few days and then boiled, or they may be partially boiled and then braised, or they may be stewed. They are cheap, and, cold or hot, make a handsome dish.

Sweetbreads.

The calf and young lamb are the animals that yield the sweetbreads which are used as food. Lamb sweetbreads usually are left in the forequarter, and are cooked with it. They are rarely cooked separately. They are, however, sometimes sold by the pound or pair, the same as veal sweetbreads.

Sweetbreads are good only so long as the animal is fed chiefly on milk. The sweetbreads from a calf that has been fed wholly on grass for one or two weeks before being slaughtered will be dark, flabby, and tough, whereas those from a calf that has been fed generously with milk will be white, firm, and tender. Sweetbreads spoil very quickly, and should not be kept long, even on ice. In the late spring and summer they are the cheapest, but in winter they are very expensive and scarce. Like all other articles of food, they may be frozen, and kept in that way for months at a time.

GAME.

The local names given to some kinds of game are very confusing to the inexperienced housekeeper. This is particularly the case with partridges, grouse, and quail. The quail is a small bird, about the size of a squab, and is known by the name of quail throughout the North and West. At the South, however, this bird is known as the partridge.

Again, the real partridge, the grouse, and the ptarmigan are often indiscriminately called grouse or partridge. There is this distinction between partridge and grouse: the meat of the former is white, and that of the latter dark. The partridge is frequently called ruffled grouse. These birds are common in the Eastern States. The season for them is between October and January.

Grouse is sometimes called prairie chicken and sometimes red grouse. This bird is found in great abundance in the West. The season is from September to April in some sections of the country, and in others it is from October to January. Game laws vary considerably in the several States.

Ptarmigan is not so well known as the other two birds, but it is often sold under the name of grouse, or white-breasted grouse. It resembles the grouse very closely; but the plumage, instead of being brown, like that of the true grouse, is almost white. The feet are covered with fine white feathers resembling fur. This bird is not quite so large as the grouse, and the meat is a little drier. It comes from the cold climate of Canada and the country bordering on Hudson Bay. It is very welcome in the market; for it comes in about the last of January, when the game law prohibits the sale of grouse. Ptarmigan is prepared in exactly the same manner as grouse.

The same cold region from which it comes supplies the markets with antelope, which reaches the markets as deer goes out. This is a smaller animal than the deer, and its flesh is paler and more delicate. It is, however, cooked in about the same manner.

FISH.

Lobsters.

A word in regard to lobsters. In sections of the country where lobsters are caught and consumed in large quantities, they are never brought into the market alive except to fill special orders. A short time after the lobster-catchers take them from the pots or cages they are plunged into kettles of boiling salt water. It stands to reason that the meat of these lobsters must be better flavored and more healthful than that of lobsters which are kept out of water several days before being cooked. Then, too, these men make a business of boiling lobsters, and know just how to do it. The result is, firm fine-flavored meat.

One of the arguments against buying boiled lobsters is that one cannot tell whether they are stale or fresh. If the lobster be stale, the tail, when drawn out, will be found limp, and will not spring back; besides, a stale lobster always gives out a very unpleasant odor. It seems as if everything were in favor of the lobster's being boiled as soon as taken from the water.

The time of boiling this fish depends upon the size. They rarely weigh more than three pounds now, and are often as light as a pound and a half. The small ones can be boiled in twelve or fifteen minutes, and the large ones — that is, those weighing three pounds — in twenty or twenty-five minutes. Too rapid and too long boiling makes them tough.

Shrimp.

Shrimp are usually found in the market in the cooked state. They are plunged into boiling water as soon as possible after being taken from the net. Shrimp are generally sold in the Southern markets in the shell, but in the Northern markets they are usually shelled. They are nice in soup, fish sauces, salads, and curries. Canned shrimp is a nice article. Either canned or fresh shrimp are usually so salt that they are improved by standing in cold water for ten minutes or more before being used.

Prawns.

These fish are something like shrimp, but are larger and coarser. They are prepared in the same manner as shrimp.

Crawfish.

Crawfish are a sort of fresh-water lobster in miniature. They are usually sold by the dozen and in the shells. They are used for bisques and to decorate other dishes of fish.

FILLETS.

The word "fillet," when used in a culinary sense, means a delicate, tender piece; so when we wish for a fillet of fish, flesh, or fowl, we take it from the tenderest part of the animal. All the flesh of fish except the flank can be cut into small fillets.

Fillet of beef is the tenderloin; fillet of veal, the upper part of the leg; fillet of fowl or birds, the breasts. There are four fillets in the breast of every fowl or bird, two large and two small. The small fillets are called minion fillets. Grouse and other birds are frequently spoiled by shot; or they are sometimes kept so long that only the breast is sweet. They are then bought for the fillets. If you wish, the butcher will fillet them for you.

When buying fish to fillet, save in the case of halibut or salmon, it is best to get rather small fish that will not give more than four fillets to one fish. Bass and flounder are used the most for this purpose. Bass is dark and rich, and the price is rather high. Flounder is white and delicate, and always cheap. It is very much like sole, and fashionable people always call it sole. The fact is, sole has never been caught in American waters; but in future years there may be a supply, as the Fish Commissioners have made an attempt to introduce them into our waters.

WHEN MEAT AND FISH ARE GOOD.

Almost all fish are perfect only directly after they come from the water, and begin to deteriorate soon afterward. The lighter and more delicate the fish, the poorer the keeping qualities. Nothing could be more delicate than the white fish when taken from the great Western lakes, but there are few fish that bear transportation so poorly. Again, codfish, when cooked directly after it is taken from the sea, is a fish fit to place before a king; but when it has been packed in ice and carried over the country, it loses its fine characteristics and becomes rather ordinary food unless great pains be taken in its preparation. The richer fish, like salmon, halibut, bass, etc., will bear transportation and keeping better than the lighter kinds.

It is well to remember this, — that an ordinary fish, freshly caught and cooked, will always surpass in delicacy and wholesomeness a fish of the rarer and richer kind that has been kept days or weeks, as is often the case, packed in ice.

It is a good plan to confine the greater part of the fish purchased to those kinds which are found in the waters near home. Of course, there are localities where this would mean nothing but such small fry as is caught in brooks and ponds, and in such places one must get that which is brought to the market.

Never buy stale fish. It will look flabby and dark, and will have an unpleasant odor. Fresh fish is firm; the eyes are full and rather bright, and the odor, while it is always fishy, will not be disagreeable.

Turbot is an exception to the general rule. It is better for twenty-four or forty-eight hours' keeping.

There is one thing which is not generally understood by butchers and housekeepers. It is that while the fibres of the flesh of an animal are set, as they are as soon as the animal cools after being killed, the meat is much harder than at any other time. For this reason it should not be cooked while in this state. The meat should hang at least twelve hours after the fibres become set. Chickens, however, may be dressed and cooked while yet warm, and the meat will be found tender, juicy, and of fine flavor. Let the same chickens stand until the fibres get hard and rigid, and then cook them, and the meat will not be nearly so tender and juicy. This is true of all animals: the meat should be cooked either while it still contains the natural heat or not until after the muscles have relaxed; the time of relaxation being from twelve to twenty-four hours after the animal is killed. This time answers very well for poultry, veal, and lamb. The last two meats will not retain a sweet flavor many days. Mutton and beef, to be in perfection, should be hung for about three weeks in a place where the temperature is low. This, of course, is not possible in warm weather or in a warm country, except where there are large refrigerators; but all first-class butchers have such refrigerators.

When buying meat, remember that the flesh of matured animals will keep much longer than that of young animals.

Here is a point to bear in mind when purchasing poultry. Select that which is "dry picked," though it may cost several cents more a pound. Poultry that is scalded before being picked loses much of its flavor and will not keep so well. It may be recognized by the skin, which will be smooth, and drawn rather tight over the flesh. The fowl will have a plump appearance because of the contraction of the skin by the heat. About three-fourths of the poultry that is brought into the markets is scalded, though scalding is practised much more in the West and South than in the East.

FROZEN FOOD.

Fish, game, poultry, sweetbreads, etc., often are frozen, either to permit of their being transported to places where the supply of such articles is scanty, or to provide in times of plenty for demands when the stock shall have run low. Large quantities of frozen food are shipped in the course of a year from American ports to large cities in Europe, being kept in refrigerators on the passage. But frozen meats and fish are not to be compared in flavor with fresh articles, and should be used only when it is impossible to obtain anything better. There should be but a short interval between the thawing and cooking.

CANNED GOODS.

In every household more or less canned goods are used; and as the consumption appears to increase steadily, this subject is worth considering at some length. When people can afford the luxury, fruits, fish, and vegetables preserved in glass jars are preferred to those in tin; but the great difference in cost makes an immense difference in the sales, although the sale of food contained in jars has grown considerably within the last few years.

Every little while there is a scare in regard to canned goods, caused by reports of poisoning by eating canned meat or fish. The best of authorities claim that the poisoning is not caused by the cans, but that the contents were not in good condition when packed. Sometimes, too, the cans are not carefully sealed, and air finds its way into them. This will cause decomposition, and gases will be generated.

After cans have been filled with the material to be preserved, the tops are soldered on, a small hole being left in each piece. The cans are next placed in a bath, the temperature of which is gradually raised until all the air is expelled from the cans through the small opening in the cover. This opening is now closed and soldered. If all this work be done properly, the food will keep for years. The cans are now put in a test-room, where the temperature is very high. If they have not been properly sealed, the food will begin to decompose, gas will be generated, and the ends will begin to bulge out. Sometimes dishonest firms have these cans punctured and resealed. This is not common; but since it is sometimes done, the housekeeper should examine each can, and if she finds that two holes have been made in the cover. should reject the can.

Good and Easy Tests of Wholesomeness.

A prominent physician of Brooklyn, N. Y., gives these rules for testing canned goods. If a housekeeper follows them she will not be liable to use food that has decomposed in the slightest degree.

"Every cap should be examined; and if two holes be found in it, send the can to the Health Board, with its contents, and the name of the grocer who sold it.

"Reject every article of canned food that does not show the line of resin around the edge of the solder of the cap, the same as that seen on the seam at the side of the can.

"Press up the bottom of the can. If decomposition is commencing, the tin will rattle the same as the bottom of the oiler of a sewing-machine does. If the goods be sound, it will be solid, and there will be no rattle to the tin.

"Reject every can that shows any rust around the cap on the inside of the head of the can."

Sources of Danger.

There are other sources of danger besides decomposition. Many folk fear tin or lead poisoning. The conclusion has been reached by some men who have investigated the matter with much care that there is no danger to be feared from the cans, but that the solder sometimes causes trouble. The articles most likely to be tinctured are those containing a good deal of acid. One physician found the sides and bottom of a can were fastened by the usual resin amalgam, and were perfectly bright and sound; but a trained tinsmith pointed out that the cap of the can was fastened on with an amalgam made of muriate of zinc. The tin was corroded around the cap on the inside of the can. The mechanic explained that pieces of zinc are placed in muriatic acid and dissolved, and this saturated solution of zinc had been painted with a brush into the grooves of the head of the can. He said this was a very favorite amalgam with roofers, on account of the quickness with which it could be applied, but that good architects and builders would not allow its use, because it rotted the tin. It is safe to conclude that wherever the inside of a can-lid shows that the tin has come off in patches, something has dissolved it, and it is mixed with the can's contents.

Food should not be allowed to stand for many hours in an open can. The best way is to turn it into an earthen dish as soon as the can is opened.

French Peas.

French peas have been very popular in the past. They are delicate and of a good color. The delicacy comes from their being picked while yet small and young, and they are also naturally greener on this account. The Boards of Health in several cities have been examining canned peas, and have found that many brands are dangerous; sulphate of copper being used to make the peas retain their beautiful color. In some places a warning has been given by the authorities against the use of the following-named brands: —

Henry Deler et C^ie^, petit pois moyens.
Daudicolée et Gaudin, Bordeaux, petit pois moyens.
J. Nouville, Bordeaux, petit pois moyens.
Perry fils, A. Lazun, petit pois verts.
E. Estibal, Bordeaux, petit pois extra fins.
E. M. Daelzin, Bordeaux, preparation à l'Anglaise.
D. M. Ansone, Bordeaux, petit pois verts.
L. Carpe et C^ie^, Lundeville, haricots verts extra fins.
Soule et Prise, Bordeaux, petit pois verts.
F. Fiton ainé, Bordeaux, petit pois verts au naturel
John Moir & Son, London, Aberdeen, and Seville, petit pois fins.
Charles Julien, Paris, petit pois.
Barton fils, (three kinds) petit pois fins.
Fontaine Frères, Paris, petit pois extra fins.
G. Talbot, Bordeaux, petit pois verts extra fins.
G. Ganes, ainé et fils, (two kinds) petit pois fins.
Louit Frères et C^ie^, petit pois surfins.
B. Eygrien, petit pois verts.

The writer has freely used French peas — no particular brand — for a great many years, and has never known of any ill effects from eating them. In preparing these peas, as with all canned peas or other green vegetables, the water in which they were canned was always drained off and they were then rinsed in clean cold water.

Canned Goods a Blessing.

Taken for all and all, canned foods, especially fruits and vegetables, are a great blessing, and as safe as most of the food that we use. A quartermaster in the regular army, who has held that position for years, and at various posts where canned food was a necessity, says that he never knew of a case of poisoning from its use.

When buying canned goods of any kind, always try to get those which have been put up near where the fruit or vegetable is found in the best state. Apricots that are canned in Southern California are better than those from points farther north, where the fruit does not ripen so perfectly; peaches that are packed near the orchards where they grow are superior to those canned in large cities. Blueberries and huckleberries in tin are said to be very dangerous, and should not be used at all.

There is hardly a food product that is not available at all times of the year, now that canning and preserving are brought to such perfection; and yet no housekeeper should use canned food if she can get just as good an article in a fresh state.

Among the canned and potted goods there are a few which may be classed among luxuries. Some of these are only imperfectly known. For the benefit of the young housekeeper, brief mention will be made of these goods and their uses.

Anchovies.

These fish are prepared in several ways for the market. Sometimes they are preserved whole, in either oil or brine, and in small bottles. They come under the head of relishes in this form, and are served on toast, in salads, omelets, and sauces. Anchovy paste and anchovy essence are sold in small jars and bottles. These preparations are used on toast and in sauces. They are said to be adulterated with coloring matter, and for this reason many persons prefer to buy the bottled whole fish and make their own paste or essence. These preparations of anchovy are of great value in making many fish sauces and dainty little relishes for an elegant dinner or supper.

Russian Caviare.

Caviare is the roe of the sturgeon. It is put up in small cans, which cost fifty cents. It is served on toast with a bit of lemon. Like the anchovies on toast, caviare may be served at the beginning or at an early stage of the dinner. It is also served as a relish at gentlemen's suppers.

Truffles.

Truffles are being used in this country much more freely than formerly. They are imported in small cans from France, where the finest truffles in the world are obtained. They are found in oak groves, several inches beneath the surface of the earth. They grow in England, but are not so large nor fine-flavored as those found in France. It is said that they have also been gathered in the oak groves in California.

When they are taken from the earth the aroma is very fine, but after the truffles have been exposed to the air for a time, much of this passes off. The truffles that come in cans have very little of the flavor or odor of the fresh ones. In no food adjunct does one get so little for the money. The smallest-sized can, holding a gill, costs sixty cents.

Truffles are used as a garnish and to flavor sauces and made dishes. When only a part of a can is needed, the remainder may be covered with salad oil and kept in a cool place until required for use. They must be washed free of the oil before using.

Cèpes.

Cèpes are a species of mushroom, grown largely in Russia and to some extent in France. They are thicker and firmer than mushrooms. They come canned in oil. After they have been washed free of the oil they will be ready for use, the same as mushrooms.

When it is impossible to get large fresh mushrooms for broiling, cèpes can be used for this purpose with satisfactory results.

Foie Gras.

Foie gras — fat liver — is the liver of a goose that has been kept fastened in one position and fed generously with corn meal for several weeks. Under this treatment the livers grow to an enormous size. They are prepared for the market in several ways: they are studded with truffles, cooked, and then packed in tin cans or in flat earthen jars, being in the latter case covered with a thick layer of fat to exclude the air; or they are prepared without the truffles, and are of course sold for less. Sometimes force-meat is packed with them, for use in making a paté. Occasionally one sees them put up with force-meat, seasoning, and a crust of puff paste. In this form they are shipped all over the world.

The simplest form in which the foie gras is canned is the most popular, because it is the cheapest, and the livers can then be prepared in any way that suits the housekeeper's taste. The price of a small jar, holding about half a pint, is $1.25. This is enough for a small dish.

Paté de foie gras is nearly always served cold in some form, and is generally served at a luncheon or supper, if at all.

Suggestions to Housekeepers.

The list of the canned, potted, and bottled delicacies for the table is very long, and one can buy at first-class groceries almost everything that would be needed for a dinner, and few of the dishes require any preparation for the table other than heating. If a housekeeper should desire to make a selection of these prepared articles, for her use when away from the markets, she can send to a first-class grocer for his catalogue. She will find there a list of soups, fish, meats, vegetables, preserves, wine jelly, dessert biscuit, etc., from which to choose.

RELISHES.

India chutney is a sauce that is held in high favor by gentlemen. It is not very expensive, and keeps well. It is a combination of apples, onions, ginger, vinegar, lemon juice, sugar, and other seasonings. Sometimes tomatoes are used. It is served the same as pickles, to which class of relishes it belongs. It is also added to some fish sauces.

Soy is a sauce made in China and Japan. It is a thick reddish-brown liquid, and is used in many fish sauces.

The queen olive is very large, and is particularly well adapted to the purposes of cooking; therefore, when the olives are to be used as a garnish in a sauce or a salad, or when they are to be stoned and stuffed for a relish, the queen variety is the best for use.

The "baby" olive is considered as the most desirable for ordinary table use.

Stuffed olives come bottled, the same as the plain fruit. They make a pleasing variation as a relish for the table or for a picnic party.

FLAVORS.

Some of the flavors which have been in use in European cookery for the last century or more are beginning to be used freely in this country. Cordials are among the most popular flavors for various kinds of creams and jellies. They are made by adding a rich syrup (obtained by boiling sugar and water together) to distilled spirits, and flavoring the mixture with various fruits and spices. These cordials are always rather thick. They are sometimes clear and sometimes slightly colored. Mention will be made only of those used in cookery.

Maraschino is flavored with a bitter cherry.

Curaçoa is flavored with orange-peel.

Noyau is flavored with the kernels of the peach and apricot.

Eau de vie de Dantzic is made of brandy, is highly flavored, and has gold leaf distributed through it. This cordial is used in making jellies. There is rarely enough gold leaf in it to give a pretty effect, and a small quantity may be cut up fine and put in the bottle when it is opened. A small book of gold leaf can be bought for half a dollar or a less amount.

Cordials are very strong, and only a small quantity is required to flavor a dish.

In buying rum for cooking purposes, get Santa Cruz. A small pint bottle will answer in a small family for a year, if it be used only for flavoring creams or puddings.

CEREALS.

Flour.

Flour made from wheat is so largely used that it is one of the most important items in the housekeeper's list of food supplies.

The processes of milling have changed a good deal within the last twenty-five years. We now have what is called low milling, high milling, and half-high milling. Low milling is the old process of grinding between two stones, and gives us the old-process, or pastry, flour. High milling is the new process of cracking the wheat between rollers. Flour made by the first process is smooth to the touch, and when pressed into a ball in the hand, retains its shape. This flour is particularly nice for cake and pastry, but the ordinary brands do not make good bread.

There is a process followed by many millers, called half-high milling, which gives flour good for all purposes. Nothing is better for bread than the best quality of the new-process flour. There are dozens of mills all over the country making an equally good article. Housekeepers should remember this; and when they become accustomed to one brand, if it proves satisfactory, they should not change for an unknown brand. It is frequently the case that the flour from one mill will require a little different treatment from that made in another. Bread-making demands so much care that a housekeeper should take no chances in the work. The best flour is the cheapest, as there is no waste in using it.

New flour will not make so good bread as that which has been kept for a few months after milling. New flour made from good wheat will have a very sweet, nutty flavor; but it is a difficult matter to make light, delicate bread of it. The dough will be sticky, and what cooks term "runny."

Flour should be kept in a cool, dry room, the barrel being placed on a low rack, so that there shall be a free circulation of air under it.

The best flour will have a tinge of yellow; reject flour that has a grayish color.

A flour that retains the greater part of the wheat is made in Lockport, N. Y. It is sold under the name of "Franklin Mills Entire Wheat Flour." It is dark-colored, and makes a rather brown bread or muffin. The bread made of it is very sweet and nutritious. The dough must be made much softer than with the ordinary flour, and the beating and kneading be very thorough.

Rye Flour and Meal.

Rye flour is used extensively in some parts of the country. It is a fine-bolted flour made of rye. The treatment of it in bread is about the same as that of the entire-wheat flour.

Rye meal is used much more than the flour in all the New England States except Connecticut, where the flour is used very commonly. Outside of New England it is difficult to get the meal. You order meal, and almost invariably they will send you flour. For muffins, Boston brown bread, and mush, the meal is indispensable. Only a small quantity should be bought at a time, and the meal should be kept in a cool, dry place.

Graham.

Graham is one of the most uncertain of the bread materials with which we have to deal. A large part of it is made by mixing a poor quality of flour with coarse bran. In buying graham, select that containing a rather fine bran, which does not separate readily from the flour when shaken in the hand. The Health Food Company makes an excellent graham; and when there is any doubt as to the quality of the ordinary graham, it would be wise to purchase that sold by this company. The price is much higher than that of the ordinary article.

There are many mills which supply the pure article, but there are so many which do not that one is often at a loss to know where to get the best. The mills at Akron, Ohio, make an excellent graham, and also a good quality of oatmeal.

Fine granulated meal is a fine quality of graham, manufactured by the Health Food Company. It makes delicious bread and muffins.

Corn Meal.

Corn meal, past and present, is an interesting subject. The changing quality of this meal is a source of much annoyance to the housekeeper of to-day. Rules which always worked to perfection in the past are now as uncertain as the weather. The old process of making corn meal was to take corn which had dried naturally for a few months, and crush it between mill-stones. This gave a sweet-flavored but uneven meal, some parts being as fine as flour, while others were rather coarse; besides, there was a considerable amount of coarse bran. As the corn was not entirely free of moisture, and was heated in being crushed between the mill-stones, it could not be relied upon to keep good; a few weeks was as long a time as it was expected to remain sweet. It is to be regretted that this delicious meal has passed away.

About fifteen or twenty years ago the granulated meal began to appear in the market. It was sweet, dry, and of even texture, being cut instead of being ground between stones. The corn was thoroughly dried before being sent to the mill; at first it was kept for two or three years, until all the moisture had evaporated. This new kind of meal was very satisfactory, because it was of uniform quality and would keep for any length of time. If the manufacturers had been content to follow this process up to the present time, housekeepers would have been well pleased; but the drying of the corn was not rapid enough for the millers, who soon began to use kilns. At the outset of the new departure the corn was dried slowly and at a low temperature, and the meal was nearly as good as that made by the original method. But the time for drying has been reduced more and more, until now the grains of the corn meal are as hard as the grains of hominy, and it is rather hard to distinguish between the two. Then, too, the meal is ground much finer than formerly. All these changes in the meal have damaged it considerably, and it is almost impossible to get the moist, sweet corn-bread of years gone by. If in using old receipts for corn bread, one-eighth of the quantity of meal called for be omitted, the bread will be nearer what it should be than it will if all the meal be used.

Hominy, Grits, etc.

Within a few years a great many new preparations have been manufactured from the cereals. Nearly all these goods have been prepared with a view to their use in breakfast dishes. Some of them have been a success, and others a bad failure. Since it has become the custom to have mush of some kind for breakfast, and so many people cannot eat oatmeal, other materials are substituted for the old-fashioned cracked wheat and oatmeal.

Wheat germ meal is one of the most agreeable of the new preparations. It comes in small packages, and is quickly and easily cooked.

Hominy snow flakes is another new preparation which makes a pleasant change on the breakfast-table or for the nursery.

Grits is the name given to fine hominy in some sections of the South, "hominy" there meaning the coarse hominy. Both the coarse and fine hominy are desirable food materials, and should be found in every household. The fine hominy can be used for many more purposes than the coarse, and is therefore more desirable. The former comes in five-pound packages; the coarser kinds can be bought in bulk.

MOLASSES.

When sugar was made in the old-fashioned way it was always possible to obtain good black molasses. Now that sugar is finally boiled in vacuum pans, the best quality of molasses is very scarce. The finest comes from Porto Rico, and the next best from New Orleans.

A good test of molasses is to put a bit of dissolved soda in a spoonful of the molasses, and if the latter be good it will foam up in a rich dark color, and the odor will be pleasant. If, however, it should turn a greenish shade, and the odor should be unpleasant, it will not give satisfaction.

OLIVE OIL.

Unless one have a good cool cellar, it will be best to buy oil in small quantities. Buying in large quantities is much more economical if there be a good place to keep the supply. Oil is cheaper when bought in large bottles than in small ones; yet in a small family it is better to buy the small bottles, as oil loses its fine flavor if the bottle be opened often.

Rae's Lucca oil is very reliable; so is Barton & Guestier's. There are many other good oils, and these brands are mentioned only for the benefit of those who find it difficult to judge of the quality.

One cannot be too careful in the selection and care of salad oil. It should always be kept in a cool, dark place. When the bottle is opened, wipe the inside of the neck of the bottle before pouring out the oil. Sometimes a particle of oil will cling to the cork and become rancid. Unless this be wiped out, the whole bottle may be tainted by it. Always taste or smell of the oil before using it.

MACARONI, SPAGHETTI, ETC.

Macaroni, spaghetti, and all the other Italian pastes are made of a hard wheat that is rich in gluten. These pastes, when of the best quality, have a hard appearance, with a slight yellowish tinge.

The Italian paste made in this country — and there is a great deal of it — has a softer, lighter look. Sometimes it is colored with saffron, in which case it will have a deeper yellow tinge.

Spaghetti is one form of macaroni, the only difference being that the stems are only about one fourth as large round as macaroni. It is prepared the same as macaroni.

Italian paste comes in the form of tiny figures and letters. This is used largely for soup.

TAPIOCA.

This is sold in three different forms. Flake tapioca is that which comes in large, coarse flakes. Pearl tapioca comes in small globules about half the size of a pea. It cooks soft more readily than the flaked kind, but never seems quite so rich. "Tapioca exotique" is a preparation of tapioca that has been ground as fine as granulated sugar. It cooks clear in a short time, and is convenient and nice for soups and jellies. It comes in small packages, the smallest weighing half a pound. The housekeeper who once tries this preparation for soups and desserts will always have it in her storeroom.

ARROWROOT.

This has so long been considered as belonging to the food supplies for invalids and the sick that it is not used to any great extent in ordinary cookery. It has, however, properties which will commend it to the cook for many dishes. It will, for example, become perfectly transparent when cooked in a clear liquid, and for this reason it is a valuable thickening agent in soups and sauces that are required to be thick and yet clear.

Arrowroot absorbs odors readily, and therefore should be put up and kept in tin boxes. Never buy it in any other form, and never buy it at the druggist's, because it will have absorbed the odors of some of the things near it. All first-class grocers keep it.

GELATINE.

Gelatine is now used so freely in all households that it pays to buy it by the quantity. It is one of the most valuable ingredients that we have for making desserts and jellies. There are a good many brands. The packages are all supposed to hold the same amount, — two ounces and a half with the wrappers, and two ounces if weighed without them. Sometimes the gelatine weighs a little more, and frequently less, than two ounces; so it is best to weigh it before it is used. This shortness in weight probably is due to the carelessness of the packers and not to a desire to defraud, as gelatine is cheap.

Pink gelatine comes in sheets. It can be bought at the grocer's by the ounce. It costs a little more than the ordinary gelatine.

Using half plain and half pink gelatine will give a rich pink color to a jelly or cream.

Many people prefer using the Russian isinglass, which comes in sheets. This costs more than the prepared gelatine. It is nice for blanc-mange, and besides being used for jellies and creams, it is frequently used for clearing soups and coffee.

CONDIMENTS.

In this age of adulterations nothing suffers more than ground condiments. The only safety is to buy them at first-class stores. This does not always mean that you will get a pure article, but your chances are much greater than when trusting to the common grocer. After salt, pepper is the most extensively used condiment; black, white, and red pepper being in common use.

White pepper is better than black for cooking purposes, because it is so much more delicate in flavor and does not mar the looks of a white sauce, soup, or ragout. It is not so liable to be adulterated as the black. It, however, costs more. Always keep pepper in a glass jar or tin box.

Cayenne is used in such a small quantity that a two-ounce bottle will last an ordinary family for a year or more.

Nepaul pepper, a delicate red kind, comes in small bottles, and is a great addition to the seasoning of some soups, sauces, and entrées.

Mustard, when pure, has a dull yellow appearance. When ground mustard is mixed with cold water, the odor will be so pungent as to affect the eyes, as peeling raw onions will. Unless you are a chemist, this is the surest test you can make to ascertain whether the mustard is adulterated. The bright yellow color does not always mean that the mustard is inferior to the paler kind. The pure mustard is frequently colored to give it the bright yellow hue which so many people demand. Since this article is used extensively in sickness, a generous supply should always be kept in the storeroom, and care should be taken to have only the purest.

Curry-powder is being employed more and more each year. It is a useful and healthful condiment when properly used. Some housekeepers try to make this powder themselves, but it is much better to buy it. The ingredients vary a little in the different makes. They usually consist of the following-named articles ground to a smooth powder: Coriander seed, black and Cayenne pepper, cumin seed, cardamon seed, turmeric. Sometimes cinnamon, ginger, caraway seed, and other spices also are used. The most reliable makes are Cross & Blackwell's. Curry-powder should be kept in a dark place, in a tightly corked bottle.

CINNAMON.

In buying ground cinnamon, like all ground spices, one must depend upon taste for the real article, for this spice is as much adulterated as pepper and ginger. But with the whole cinnamon the case is different, for here the eye can recognize the true and detect the false.

The genuine cinnamon comes in small, thin, rather tight rolls. It can be broken in long splinters. The taste is delicate, sweet, and spicy. The price is much higher than for cassia.

Cinnamon is sometimes mixed with cassia and sold for a pure article, and it is quite common to sell pure cassia for cinnamon.

Cassia is more than twice as thick as cinnamon; the rolls are large and loose; the bark breaks off brittle and will not break in splinters; the flavor is strong. It makes a good deal of difference in the flavor of a soup, sauce, or jelly, whether cinnamon or coarse cassia be used.

SUMMER SALADS AND SWEET HERBS.

How to Get Them from One's Own Garden.

When the time comes for garden-making, people will do wisely to set apart a small portion of their land for salads and herbs. Many persons who live in towns have not only land for flower-beds, but enough also for a salad and herb garden, and yet they feel that it is not worth the while to try to raise anything for the table, because they have not an acre or more to cultivate. A small piece of land, properly used, will yield wonders in the way of flavors and relishes. In France mere yards, as we would call them, produce vegetables for seasoning purposes, salads, herbs, grapes, apples, peaches, and pears. There are no trees in such little gardens, the fruit being trained on frames and the walls. The meats of France are not remarkably fine; yet the poorest parts of a poor animal are prepared in a manner which renders them not only digestible, but very savory. Slow processes of cooking make the meat tender, and much of the flavor is obtained by the use of the sweet herbs and delicate vegetables.

But to return to the proposed garden. About one hundred square feet of land will suffice, — twenty-five for vegetables, forty for herbs, and the rest for salads. It is calculated to raise only enough vegetables for seasoning purposes. Here is a list of things which it will be well to plant: Salads, — lettuce, sorrel, burnet, borage, chives; vegetables, — carrots, turnips, celery (only for the leaves), onions; herbs, — parsley, chervil, tarragon, sage, sweet-marjoram, summer savory, thyme.

As the salads and vegetables should be planted twice during the season, only half of the land set apart for them should be sown at first. The first sowing should take place in May or June, the time depending upon the season and climate; the second in August. Seeds and bulbs may be got from any good seedsman, and their transportation by mail is not costly. The care of a little garden is likely to be a source of health and pleasure to a woman, and a surprising variety of fine flavors may be obtained for soups, ragouts, and other dishes.

It is strange that people generally are ignorant of the use and value of some of the best and most delicate herbs and salads. Sage, savory, thyme, and marjoram are common enough. Tarragon and chervil are employed in the making of sauces, soups, salads, and ragouts. Chervil is somewhat like parsley, but more delicate in texture and more agreeable in flavor. It is used only as a flavor and in small quantities. Tarragon is a bushy plant, like thyme, but its leaves are about four times as large. It has a flavor unlike anything else, and gives to lettuce salads that peculiar and pleasing savor which one gets in France. In New York the French cooks use large amounts of it; outside that city, however, it is but little known except by French people. If the roots be protected, the plant will last for years. Chives are a species of onion. Only the delicate green tops are used. They should be cut frequently, but not very close to the ground. Chives are delicious in all kinds of vegetable salads, particularly in potato salad; and they are also nice in soups, stews, and fish or savory omelets. Cooking does not mar the beautiful green as it does some kinds of vegetables. For winter use gather chervil, tarragon, marjoram, savory, sage, thyme, and parsley, before they go to seed; tie them in bunches, and hang in a shady place to dry; and keep them, when dry, in boxes or paper bags.

In summer, when garden products are fresh, sorrel, borage, and burnet should be prepared for the table just the same as lettuce. Two, three, or more of the salads may be combined, and seasoned with French dressing. For example, to each head of lettuce put a few leaves of sorrel, two sprigs of chervil, a few sprigs of tarragon, and a teaspoonful of chopped chives mixed with one table-spoonful of vinegar, three of oil, half a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Or borage may be substituted for the head of lettuce; or any one of the three, sorrel, borage, or lettuce, may be used with a single herb and the dressing.

There are numerous salads besides these, but enough have been mentioned to enable a housekeeper of ordinary ability to give a pleasing variety to her bills of fare. All the vegetables, herbs, and salads named can be found in large markets during May and June, and they will be delicate, having come chiefly from hot-beds. A city housekeeper who knows what she wants, and has the money to get supplies, will meet with no difficulty in an attempt to make frequent changes of dishes; but she who lives out of the city, and cannot readily obtain the variety desired, should have a little garden of her own.

The seeds, roots, or bulbs for this garden can be bought of any reliable seedsman. Alfred Bridgeman, No. 37 East Nineteenth Street, New York City, keeps all these seeds.

Tarragon is a perennial, and is rarely raised from the seed. Get two or three roots. Plant them in April or May, in a rather dry, sheltered place. In the fall, cover them with straw to protect the roots.

Chives are grown from small bulbs. Plant the bulbs a few inches apart. Let this bed be long and narrow. Begin cutting at one end of the bed, and continue to the other end. By the time it is reached the plants that were cut first will be ready to yield another crop. Take up some of the bulbs, in the fall, for winter use. Plant them in small boxes at various times through the winter, and you will have the green relish during the cold season. Cover the out-door bed with straw, and the chives will come up early in the spring. A bed of chives properly worked and fertilized will last for several years.

Borage is grown from seed, and must be planted twice during the season, in April or May, and again in July or August.

Burnet is raised from seed. It has a flavor a little like cucumbers.

Sorrel is grown from seed. It is perennial, and a bed will last for years if properly cared for. When the flower buds appear they should be cut off, that the leaves of the sorrel shall grow large and tender.

In the fall take up a dozen roots of parsley and plant them in a box, keeping it in a sunny window. It will pay.

SOUPS.

To be a maker of good soups one must not only have skill and patience, but also must use good materials. There seems to be a rather general impression that soups should be made from almost nothing. This is a great error. To be sure, one often is served with a plate of liquid called soup, which, so far as nutrition and flavor are concerned, might as well have been made of nothing but water, a little coloring, and some salt and pepper. But such soups ought never to be put upon the table.

Soup should be palatable and nutritious. If these qualities be lacking, there will be no excuse for serving it. Knowledge and care must be applied in combining the various ingredients in order to secure results at once pleasing and healthful; ignorance and carelessness are drawbacks under which a maker of soups cannot work with a reasonable hope of success.

In preparing soup stock the first step is to obtain from the meat all the nutritive and flavoring qualities, which are the albumen, gelatine, osmazone, and salts, and are contained principally in the lean parts of the meat, though the bones also contain considerable gelatine. Osmazone and albumen are dissolved and drawn from meat in water heated to a temperature of 100° to 110°; gelatine must be subjected for several hours to a heat of 200°, or more, before it will dissolve in the meat and bones.

Simplest Way of Making Stock.

Now, as the object is to dissolve and draw out these substances, it is best to cut the meat into small pieces before adding the water. The meat and water should stand on the back part of the range, where the heat is not great, for at least an hour; and at the end of that time the kettle should be moved forward where the contents will slowly get heated to the boiling-point. When this temperature is reached a thick scum will rise on the surface of the liquid, which should be carefully skimmed. During the next half-hour skim every ten minutes; then cover the kettle closely, and set it back where its contents will just bubble for from six to ten hours. When this time has passed, strain the soup. All the soluble matter will be dissolved, and the remaining bones and shreds of fibres will have no value as food. All the flavoring and nutritive elements will be contained in the strained liquid.

This is the simplest way of making soup stock. By following it, anybody can prepare the foundation for a plain or rich soup. A light stock is made by allowing a quart of water to a pound of meat. Perhaps it will be well to state here that there should be not more than a quarter of a pound of bone to three-quarters of a pound of meat. A rich stock is obtained by using only a pint of water to each pound of meat and bone.

Materials for Stock.

Stock may be made of one kind of meat, or many kinds; of fresh meat, or the remains and trimmings of roasted and broiled meats. The greater the number of kinds used, the finer will be the flavor. When bones are used, care must be taken to prevent the contents of the soup-kettle from boiling hard; for a very high temperature would dissolve the lime in the bones, and give the stock a milky appearance. It is difficult to make a clear soup of stock that was clouded by hard boiling; but if a white soup is to be made, the clouding of the stock will not be a serious matter.

To insure getting clear soup, free of every particle of fat, it is necessary to make the stock the day previous, that the fat may form in a cake on the surface of the stock and easily be taken off. Then, too, if the stock be liquid it may be poured off, leaving the sediment at the bottom of the bowl; or if it be in the form of jelly it may be turned out, and the sediment can be scraped from the bottom. In either case a comparatively clear stock will be obtained. Seasoning may be added, the stew-pan set on the stove, and its contents heated to the boiling-point and kept at that temperature for half an hour; then the soup will be ready for straining and serving. For a change, there may be added, after the straining, Italian paste in any form, cooked vegetables, cooked rice or barley, or, indeed, almost any embellishment that one may fancy. For inexperienced cooks this is the safest kind of clear soup to make.

How Soups are Cleared.

By some accident or oversight the stock may not be properly skimmed, or may be allowed to boil too hard, so that it becomes cloudy; or possibly the cloudiness will be brought on by the use of cooked meats. In any of these cases there will be necessity for clearing the soup, — an operation which but comparatively few persons understand. Soups are cleared by various articles, the most common being the white of an egg. Professional cooks use fine-chopped raw meat for clearing bouillon and consommé. The white of an egg is so cheap and convenient to use that its value should be better known. When it is used it makes no difference whether or not any sediment gets into the soup-pot.

To season and clear four quarts of soup, use the whites of two eggs, four blades of celery, one large onion, one large slice of carrot, two bay leaves, one leaf of sage, two sprigs of parsley, two small sprigs each of thyme, summer savory, and sweet-marjoram, — all the herbs being tied together, — six whole cloves, three dozen pepper-corns, a two-inch piece of cinnamon, half a teaspoonful of sugar, and three teaspoonfuls of salt. Beat the egg whites until they are light but not dry, and put them into the stock with the other ingredients. Place over the fire and heat slowly to the boiling-point. This is the critical stage of the work. Just as soon as the soup bubbles, move the kettle back where its contents will keep at the boiling-point for half an hour without really boiling. The kettle should be closely covered all the time. At the end of the half-hour strain the soup through a napkin into a clean kettle. It will be clear and sparkling if the directions have been followed to the letter. The stock must be cooked for at least half an hour after the egg whites are added. It must, however, be heated only to the boiling-point and not allowed to boil rapidly; otherwise the egg will be broken up by the rapid motion of the liquid, and will not harden in a sheet, and the stock will not be rid of the foreign substances which the egg is expected to collect.

Value of Remnants of Meat.

The belief, unfortunately, appears to be quite common that if one would have stock on hand for made dishes and the various kinds of soup made partly of stock and partly of milk, there must always be kept on the stove a stock-pot, into which all the bones and odds and ends of meat are to be put from day to day, and from which the stock may be taken at any time it is needed.

All meat trimmings that are sweet, and all the bones from roasts and broils, should be boiled slowly in water, to extract any nutritive elements remaining in them. The stock thus produced varies in strength and is rarely clear; nevertheless, it is of much value in the preparation of soups, sauces, and made dishes. Care must be taken that the bones and meat are perfectly sweet, or a bad flavor will be developed in the process of cooking, and the stock obtained will give this flavor to any dish in which it is used. It is advisable to boil the bones and trimmings as soon as possible, and not to wait until a large quantity has accumulated for the stock-pot. If you have any bones or meat left after a sirloin or porter-house steak has formed a part of a meal, do not wait a day or two in order to boil the remains of a roast of beef or poultry at the same time. Put the first remnants on the stove in a small stew-pan, with a sufficient quantity of cold water, and boil gently for five or six hours; then strain and cool before adding to the other stock. The small amount of stock obtained — perhaps not more than three gills — may seem to be a poor return for the trouble taken. How much trouble? Simply putting the materials into the stew-pan, straining and cooling the liquid after the boiling, and finally washing the strainer and stew-pan. What do you get for the work? Three gills of stock, which will make a sauce for any kind of cold meat; will moisten a dish of hash, when water otherwise would be used; or will serve as a foundation in which rice, barley, tapioca, or something else may be cooked for a cream soup, making the dishes at least fifty per cent better than if water be used.

Stock of this kind is, therefore, one of the most useful things prepared in the kitchen. Never forget that the materials must be sweet, and that warm stock must not be added to that which is cold. When there is any cold stock on hand, it is well to put it with the new stock about an hour before the latter is taken from the fire. This will give it a thorough scalding, and insure the stock keeping good for three or four days in winter, and a day or two in summer.

In making stock, allow a quart of water to every pound of meat and bones, and let it boil down one-half. In a well-managed kitchen there always will be at least a small quantity of this stock. Then, too, the water in which poultry or mutton was boiled may have the meat and bones added to it, and four or five hours' simmering will give a rich stock from which a variety of soups may be made.

Maigre soups are those made without meat, and are especially appropriate for fast days. Some of them are good enough for any season, and make a pleasant change from meat soups.

Beef the Best Meat for Stock.

Of the various kinds of meat used in soup-making, beef is the most valuable and, generally speaking, the cheapest. All the tough and coarse parts can be used. Those parts containing a good deal of gelatine are especially desirable if the stock is to be kept for several days, because the stock, upon cooling, becomes a rather solid mass, through which the air will not pass freely, and therefore fermentation is not likely to ensue. The soup, too, will have the deceptive appearance of being much richer than that made with clear, lean meat. But many people enjoy a gelatinous soup when one rich, but clear, would seem to them to be light. Every part of the beef contains some gelatine, and if the meat be cooked for several hours in water which is kept at 200°, or even a little higher temperature, the gelatine will be dissolved, and if there be a pound of meat to each pint of water the stock will jelly on cooling. But should the clear meat and water be kept at about 170° during the cooking, the stock will remain liquid when cold, and very little trace of gelatine will be found in it. This point always should be remembered when making bouillon to be served cold, as the soup should be rich, and icy cold, and yet perfectly clear like water.

The parts of beef used for soup are — for bouillon or consommé, the round, shoulder, flank, or brisket; for a clear beef soup, the neck, cheek, leg, shin, and any scraggy, rough part, besides the bones. The cheek, leg, and shin all will give a soup rich in gelatine.

A shin or leg of beef will be found to be an economical piece for making stock. Butchers seldom break these parts into small enough pieces. The bones of a leg should be broken into eight or ten pieces, and these should be washed in cold water. Be very careful that the part which was separated from the hoof is perfectly sweet and clean. Sometimes it is necessary to cut off and throw away bits of tendon which appear to be a trifle tainted.

When the cheek and neck are used, they should be washed. The round should not be washed, but should be wiped well with a wet towel.

A Word about Poultry.

Poultry is of great value in making stock. One of the most economical ways of getting a light white stock is to clean and truss a fowl, put it, breast down, in as small a stew-pan as will hold it, cover it with cold water, and heat it slowly to the boiling-point. Skim carefully, and simmer until the fowl is tender; then take up the fowl and set it away to cool. Strain the water in which it was boiled, and set that away to cool. When it becomes cool, the fat may be skimmed from it. The fowl will be ready for any kind of a dish for breakfast, luncheon, or tea, or may be made into an entrée for dinner. The stock will serve as the foundation of cream soups or white sauces, or may be used with made dishes.

Do not use a fowl for stock unless it be plump and sweet and not more than two years old. The dark, lean birds, which can be bought for a few cents a pound less than a fat, rich chicken, will prove a dear purchase if one be tempted to take them. Many persons are so foolish as to think that because the meat is to be used for soup, it is not necessary to have a good quality. Just as good meat is wanted for this purpose as for anything else.

Sometimes the feet of poultry are used in soups. There are two ways to clean them: one is to hold them in tongs over clear coals until the skin cracks and curls, when it can be rubbed off easily; and the other mode is to cover them with boiling water for a few minutes and then scrape off the skin and nails. Being gelatinous, they give body to the soup.

Other Meats for Stock.

Mutton does not enter largely into soup-making. When it is used it should be freed as much as possible of fat, which would give a strong flavor to the stock. The neck, shoulder, and feet are the parts most in demand for soups. The feet, like those of the calf, are very gelatinous, and are sometimes used with other meats, like beef, to increase the gelatinous element of the stock.

Almost all kinds of game may be used for stock. In most cases it is too expensive, but the remnants left from roasts and broils improve any stock greatly. Where there is game in abundance, it may be treated in soups the same as other meats.

Young meat, such as lamb and chicken, rarely is used in stock. The bones or trimmings from roasts or broils may be added to stock, but nothing else should be. Osmazone, which gives flavor and odor to meat, is found in larger quantities in old animals than in young ones; therefore the meat of matured animals is the best for stock.

Veal combined with beef gives a smoothness to soup which is lacking when only beef is used. The best parts of veal to use are the shin, head, and feet. They contain the most gelatine, and are less useful for other modes of cooking; but the stock made from them has very little flavor, and is usually combined with stock made from other meats or with milk or cream.

Thickening for Soups.

In thickening soups one aims first to get consistency, next color, and finally flavor. Sometimes a soup is wanted rather thick and yet perfectly clear. There are three substances which will give this effect, — arrowroot, corn-starch, and tapioca ground fine. Arrowroot is by far the best of the three if one be particular to avoid leaving any trace of the thickening ingredient in the soup. One table-spoonful mixed with a cupful of cold stock until smooth, and then stirred into one quart of boiling stock, — the whole being simmered for half an hour, — will give a soup considerable body and yet leave it perfectly transparent.

Corn-starch is used in the same manner as arrowroot, but there is always a little cloudiness in the soup.

Fine tapioca — "Tapioca Exotique," a French preparation — will give a clear, gelatinous soup, but the grains will be faintly perceptible. One table-spoonful of this preparation may be sprinkled into one quart of boiling stock. The soup must be stirred for the first three or four minutes; then it can be pushed back where it will simmer for half an hour. If there be no objection to the distinct grains in the soup, ten minutes' cooking of the tapioca will be sufficient. This preparation is very nice for any kind of soup, thick or clear. It may be added to any kind of stock, and in ten minutes the stock will be ready for use. Most first-class grocers keep this article, which may be had in half-pound packages.

For white or cream soups the three substances already named are used, though rice, bread, barley, and flour are more commonly employed.

When it is desired to make a cream soup yellow and rich, the yolks of eggs are used. They are beaten thoroughly, and after a little cold liquid — like cream or milk — has been added, they are stirred into the soup just before it is taken from the fire.

When a thick soup is desired brown, the flour is either stirred over the fire in a dry pan until it becomes dark brown, or it is put into a pan with its own volume of hot butter and stirred until it turns dark brown. A coloring substance like soup paste, caramel, beef extract, or some of the many preparations for coloring soups and sauces, is nearly always necessary where the stock is not a rich brown one.

Various other substances are used occasionally for thickening soups, but only those mentioned are in general use.

Miscellaneous Notes.

Be particular to cool stock rapidly. If it be allowed to cool partially on the range before it is strained, it will not keep well. The more quickly it is cooled after the straining, the better it is.

Cooking meat at a high and in a dry temperature develops a richer and more savory flavor; so, when it is possible, it is well to brown the meat before adding the water to it.

The less fat there is in the stock-pot the more delicate will be the flavor of the soup. Cut off as much fat as possible before putting the meat into the pot.

A delicate flavor of ham improves stock, but it should be so slight as hardly to be recognized. An ounce of ham to a gallon of water is a generous allowance.

Herbs, vegetables, and spices always should be used in making stock, but only in such quantities that all the flavors will be nicely blended. Here is where one has a chance to display skill. Inexperienced housekeepers should, however, carefully follow rules, rather than trust to their own judgment as to the proper quantities to use.

Stock made with Shin of Beef.

Have a shin of beef broken into small pieces. Wash it well and trim off any tainted pieces that may be found at the lower end. Put it in a large soup-kettle with a quart of cold water for every pound and a half of meat and bone. Heat slowly to the boiling-point, and then skim thoroughly. The liquid should be skimmed several times in half an hour. Now place the pot where its contents will boil gently for ten hours. When it has been cooking for eight hours, put in a stew-pan four table-spoonfuls of butter, two onions, cut fine, three table-spoonfuls of minced carrot, three of minced turnip, six of celery; then cook slowly for half an hour. At the end of that time cook the vegetables a little more rapidly for about a minute, stirring all the time. When they have become browned slightly, add them, with the butter, to the stock. Add also six cloves, a stick of cinnamon, three dozen pepper-corns, two table-spoonfuls of salt, and a bouquet of sweet herbs. Cook for an hour longer, and then strain. Cool quickly, and put in a cold place for the night. In the morning skim off all the fat, turn out the jelly, and scrape off the sediment. This jelly, when heated, will give a clear, well-flavored stock.

A little more salt or pepper may be required. The seasonings given are for a shin or leg of beef weighing ten or twelve pounds. This stock may be used anywhere that bouillon or consommé would be.

Bouillon.

This is always made of beef, and may be very rich or rather poor and light. Here is a rule for nutritious bouillon: For a gallon of soup use ten pounds of clear beef cut from the under part of the round or from the shoulder, four quarts and a pint of water, one large onion, one large slice of carrot, and a slice of turnip, — each slice weighing about three ounces, — three blades of celery, three dozen pepper-corns, half a dozen cloves, a piece of cinnamon about three inches long, three teaspoonfuls of salt, the whites of three eggs, two sprigs each of parsley, thyme, and summer savory, three bay leaves, and a leaf of sage.

First rid the meat of all its fat, then cut off a pound of lean meat and put it away in a cool place; and after cutting the remainder of the beef into small pieces, put it into a soup-pot with the cold water. Heat slowly, watching carefully all the while, and as soon as the water begins to boil skim it carefully. When the liquid has been thoroughly skimmed, move the pot back where its contents will keep at the boiling-point for six hours. A slight bubbling at the sides of the kettle is a sufficient cooking. At the end of the six hours add the spice, salt, vegetables, and the herbs, — which should be tied in a bit of thin muslin, — and after making these additions, cook for one hour longer. When this time has passed, draw the pot forward, and let the soup boil rapidly for one minute; then strain immediately, and set away to cool.

The next morning remove all the fat from the stock. Chop very fine the pound of meat that was reserved, and put it into the soup-kettle with the stock. Beat the whites of the three eggs until light, and stir them into the pot containing the other ingredients. Place on the stove, and heat slowly to the boiling-point, stirring occasionally. When the soup begins to bubble, remove it immediately to the back part of the range. Cover, and keep at the boiling-point for one hour; then taste the soup to find whether it is properly seasoned. It may require a very little salt and pepper. Strain through a napkin, and it will be ready to serve.

A soup made in this way will never jelly, and will have a peculiar flavor not found in a soup made by cooking at a higher temperature.

Sometimes bouillon is given a little more body by the addition of gelatine. To do this, soak a package of gelatine in half a pint of cold water for two hours or more. When the stock, fine-chopped beef, and the three whites of eggs are put on the stove, add the soaked gelatine. Stir the stock well from the bottom two or three times while it is heating, otherwise the gelatine may stick to the kettle, get burned, and spoil the soup.

A soup only half as rich may be made by following the above rule, but using only half the quantity of meat stated. Bouillon may have added to it vegetables, rice, barley, or any form of macaroni; but it is generally served plain, either in soup-plates, if at dinner, or in cups, at lunches and germans.

Consommé.

So much work is required to prepare this soup that inexperienced housekeepers hesitate to try to make it. Here is a comparatively simple and sure receipt: Use for a gallon of soup four pounds of beef, cut from the under part of the round, four pounds of a shin of veal, a fowl weighing about five pounds, six quarts of cold water, a large onion, four table-spoonfuls each of chopped carrot, turnip, and celery, two sprigs each of parsley, thyme, and summer savory, three bay leaves, and one large leaf of sage, — all these herbs being tied in a piece of muslin, — forty pepper-corns, half a dozen cloves, a three-inch piece of cinnamon, a tiny bit of mace, ten allspice, two level table-spoonfuls of salt, four table-spoonfuls of butter, and the whites of two eggs.

Cut the beef and veal into small pieces and put them in the soup-pot. Cook over a rather hot fire for half an hour, stirring often; then add the six quarts of cold water, and let the contents of the soup-pot heat slowly to the boiling-point. Skim carefully, and set back where the soup will bubble all the while, and in every part of the kettle. Cook for three hours, and then add the fowl, first cleaning it thoroughly.

When the soup has been cooked for five hours, put the butter, the onions cut fine, and the chopped vegetables into a frying-pan and cook gently for half an hour; then turn these ingredients into the kettle, and add also the spice, herbs, and salt. Cook for an hour and a half longer.

When the fowl has been cooked for two hours and a half, see if it is not tender enough to take up, as it need be cooked in the soup only long enough to make it tender. In that time it will impart a good flavor to the stock.

After the soup has simmered in all for six hours and a half, pour it through a fine sieve and set it away to cool. In the morning there will be a jelly, from which every particle of fat should be removed. Put the jellied stock into the soup-pot, with the well-beaten whites of the eggs, and heat slowly to the boiling-point. The instant the stock begins to bubble, set it back where it will keep just at the boiling-point for half an hour. Strain it at the end of that time, and it will be found clear and of fine flavor. The soup may be used as it is, or may be garnished, like bouillon.

Simple Consommé.

It often happens that there is a little chicken stock and a little beef stock in the pantry, — not enough of each, perhaps, for a tureen of soup, but which combined will give a delicate consommé of good flavor.

Put into the soup-pot one quart of each kind of stock, one pound of veal, free of fat and chopped very fine, six pepper-corns, three cloves, an inch piece of stick cinnamon, a bit of mace, one teaspoonful of salt, and one-third of a teaspoonful of white pepper.

Now put two table-spoonfuls of butter into a small frying-pan, and add two table-spoonfuls of chopped celery, two of onion, one of carrot, one of turnip, one bay leaf, one sprig of parsley, and a tiny sprig of thyme. Cook slowly for half an hour; then draw forward and stir until the vegetables begin to turn brown. Press the vegetables against the side of the pan, to get the butter out. When they are as free of butter as possible, put them into the soup-pot with the other ingredients. Place the pot on the fire, and when the soup begins to boil, set it back where it will hardly bubble for an hour. Taste at the end of that time, to be sure that no more salt is needed. Pour the soup into a common strainer and then through a napkin that has been dipped in ice water and wrung afterward.

The veal that is left may be used for croquettes.

Chicken Consommé.

The first step is to cut the breasts from two large fowls and put them away in a cool place, and then cut the other parts of the fowls into joints. Wash these, and put them into a soup-pot with four quarts of cold water; and when the broth has been heated to the degree at which it boils, skim it carefully, and set back where it will boil gently for six hours. During the last hour and a half one of the breasts should be cooked with the soup, and it should then be taken out and put away to cool. The soup, after being strained through a colander, should also be put away. When it has become cold, and all the fat has been skimmed off, turn it back into the soup-pot, and add a small piece of mace and of cinnamon, a large onion or two small ones, two blades of celery, two teaspoonfuls of salt, three dozen pepper-corns, the whites of two eggs, well beaten, and the uncooked breast of one of the fowls, chopped very fine. Let the soup heat slowly to the boiling-point, and set back where it will retain that degree of heat for one hour. It should then be perfectly clear, — the whites of the eggs and other sediment having settled on the bottom of the pot. Taste the soup to find whether it requires more seasoning. Dip an old napkin into hot water and place it in a strainer, and after the consommé has been poured through this it will be ready for serving. It may be improved, however, by cutting the cooked breast of one of the fowls into thin bits, and heating the meat in the consommé after the straining.

Consommé with Rice.

Use two table-spoonfuls of uncooked rice to two quarts of clear soup. After ridding the rice of all dark particles, wash it in three waters, rubbing it thoroughly between the hands while it is in the first water. When it has been properly washed, put it into an uncovered stewpan with one quart of boiling water, and place the pan where its contents will boil for twenty minutes. At the end of the first fifteen minutes add one teaspoonful of salt; and at the end of the twenty minutes turn the rice into a strainer and pour over it a quart of cold water, which will rinse off any starch that may be clinging to the grains. Heat the soup, and after adding the rice to it, cook for ten minutes without letting it boil.

Consommé with Barley.

With two quarts of the clear soup use two table-spoonfuls of pearl barley. Wash it in the same way rice is washed, and put it on the stove with three pints of cold water. Cook gently for five hours, adding a heaping teaspoonful of salt when four hours have passed. Strain the barley, rinse with cold water, and treat the same as rice.

Consommé with Macaroni.

Break half a dozen sticks of macaroni into pieces about two inches long, and boil them for twenty minutes in one quart of water. Add a teaspoonful of salt when the first fifteen minutes have passed, and treat in every particular the same as rice. Any kind of Italian paste may be used in the same way.

Consommé with Profiteroles.

Make profiteroles by the rule given under "Garnishes." Pour the soup into the tureen, and then add the profiteroles. Half a pint of the little balls will be enough for three pints of soup.

Consommé with Force-meat Balls.

Prepare chicken force-meat as directed in "Garnishes." Form into balls about the size of a cherry. Drop them into a pint of clear boiling stock that is set back where it will not boil up. Cook for five minutes, then put them into the tureen and pour in three pints of hot consommé. Serve at once.

One cupful of the force-meat will make a generous allowance of balls. Save for sauces the stock in which they were boiled.

Consommé with Quenelles.

Make some chicken or veal force-meat as directed. Butter the bottom of a small saucepan. Dip two teaspoons in hot water, and after filling one with the force-meat, turn the contents into the other spoon. This will give the quenelles their shape. Drop them in the buttered pan. When all are done, cover with hot stock, and place where they will keep hot without boiling. Proceed as for consommé with force-meat balls.

Consommé with Green Peas.

For six persons use one pint of green peas. Boil them in salt and water; then drain them, and put them in a stew-pan with three pints of consommé. Cover, and cook gently for five minutes.

In winter use one cupful of the best French peas. Turn them into a strainer, and pour cold water over them. Drain well, and proceed the same as with fresh peas.

Consommé with Asparagus Tops.

Cut the delicate green tops from a bunch of asparagus. Wash them, and put them in a stew-pan with a pint of boiling water and a teaspoonful of salt. Cook for fifteen minutes; then drain them, and put them in a stew-pan with three pints of consommé. Cook gently for five minutes, and serve immediately afterward.

Consommé with Poached Eggs.

For six persons provide three pints of consommé and six eggs. Have the consommé hot. Butter the bottom of a large frying-pan, and put six small muffin-rings in it. Put in enough boiling water to cover the rings. Add one table-spoonful of vinegar and one of salt. Draw the pan to the side of the range where the water will just bubble at one side of the pan. Break the eggs into the rings, being careful not to break the yolks, and cook until the whites are rather firm. It will take about three minutes.

Pour the water from the pan, and then take out the rings. With a cake-turner, take out the eggs, being careful to drain off all the water. Put them in the soup tureen, being careful to leave a little space between each one, that they may be lifted readily with the ladle. Now add the consommé, and serve.

Julienne Soup.

Authorities differ as to the origin of the name of this soup. The commonly accepted idea is that it was suggested by the French word for July, *Juillet,* because the vegetables used in making the dish are in their prime in early summer. An attempt also has been made to prove that the soup was invented by a Boston restaurateur named Julian, who carried on his business near the Old South Church a great many years ago, and gave his name to the soup after it became popular.

Julienne soup is now understood to be prepared of a rich, clear stock and several kinds of vegetables, — carrots, turnips, celery, lettuce or cabbage, and sorrel. Peas, beans, cauliflower, and asparagus often are used. Sometimes the onion also is used. In such cases it seems as if it would always be well to cook the onion in the stock, and remove it when the meat and bones are removed, because many people who will not eat this vegetable like its flavor in soup or sauce.

The vegetables may be cooked in either of two ways, — fried in butter, or boiled in water. By the first method the soup is made more savory, and by the second mode, handsomer. Any kind of clear stock may be employed for the soup; but the richer it is, the better.

For two quarts of stock use, in equal quantities, one pint of turnips, carrots, and celery, all cut into narrow strips about an inch long, one pint of fine-shred lettuce, and one gill of sorrel, cut into thin strips.

After putting four table-spoonfuls of butter into a small frying-pan, set the pan on the stove. When the butter becomes melted, put in the carrots, turnips, and celery, besides a teaspoonful of sugar. Cook slowly for half an hour, being careful that the vegetables do not get browned.

As soon as the vegetables are put on to fry, put the stock into a clean stew-pan, and set it on the back part of the stove where it will heat slowly. Now wash the sorrel, and cover it with cold water. Wash the lettuce also; and after putting it into a stew-pan with a cupful of boiling water, boil it for ten minutes, and then drain it carefully.

When the vegetables have been cooking for half an hour, draw them to one side of the pan, and press out as much of the butter as possible. Put the drained lettuce, the sorrel, and fried vegetables into the two quarts of stock, which should now be at the boiling-point. Add one-eighth of a teaspoonful of pepper and one level teaspoonful of salt. Cover the stew-pan, and cook the soup gently for a quarter of an hour. It will then be ready to serve.

If one lack garden sorrel, wild sorrel may be used. Of course, when this soup is made in the winter, it has to be made without sorrel, unless one be near enough to a large city market to obtain a supply.

Here is a different receipt for Julienne soup: Use two quarts of clear stock, one pint of carrots, turnips, and celery combined, half a pint of peas, half a pint of cauliflower, and one teaspoonful of salt.

Put the carrot and one quart of boiling water into a saucepan, and cook for half an hour; then add the turnip and celery, and cook for ten minutes longer. When this time has passed, add the cauliflower, and cook for twenty minutes. If the water should boil away, add more; for the vegetables must be covered all the time. If canned peas be used, they will only need to be rinsed and added to the soup with the other vegetables; but if fresh peas be used, they must be boiled for twenty or thirty minutes in clear water.

When all the vegetables are done, drain off all the water, and add the vegetables and the teaspoonful of salt to the two quarts of hot stock. Cook for a quarter of an hour, and serve.

This soup will be improved if a gill of sorrel be added with the cooked vegetables. It should be understood that the stock must be properly seasoned before the vegetables are put into it, the spoonful of salt being used simply to season the vegetables. Julienne soup is best, of course, if made when vegetables have just been taken from the garden, and are very delicate; still, it may be made at any time with satisfactory results, if a little care be given to its preparation.

Still another rule: Chop fine three pounds of the round of beef. Add to it three quarts of cold water, and let it stand for two hours; then place on the fire, and heat the water slowly to the boiling-point. Simmer the meat gently for four hours; then add an onion, two cloves, a bay leaf, a sprig of parsley, a teaspoonful of salt, and one-eighth of a teaspoonful of white pepper, and cook an hour longer. Let the soup boil rather briskly for the last ten minutes; then strain, and cool quickly. The next morning skim off all the fat, and pour the soup back into the kettle, being careful to keep out the sediment. Cut into small dice enough turnips, carrots, cauliflower, and celery to make a half-pint of each vegetable.

Cover all with boiling water, and boil gently for an hour. Heat the soup to the boiling-point, and after adding the vegetables (without the water in which they were cooked), simmer for a quarter of an hour. Taste before serving, to be sure there is enough seasoning.

Brown Soup.

This is rich and fine, suitable for a most elaborate dinner. It cannot be made in a hurry, yet its manufacture is not so great a task as may at first appear, because the soup requires no special attention the major part of the time it is cooking.

Use a gallon of water, three pounds of the round of beef, two pounds of a shin of veal, one table-spoonful of butter, one table-spoonful each of chopped onion, carrot, and turnip, a sprig of parsley, a bay leaf, two cloves, eighteen pepper-corns, two table-spoonfuls of arrowroot, and a teaspoonful and a half of salt.

Cut the meat into bits, and putting it into a soup-kettle with the cold water, heat it slowly to the boiling-point; then skim the liquor carefully, and set the kettle back where its contents will boil gently for ten hours. At the end of eight hours put the butter and vegetables into a small frying-pan, and cook slowly for fifteen minutes; then add to the soup, together with the spice and herbs.

When the soup has cooked for the required time, strain it, and put it in a cool place. The next morning skim off all the fat, and pour the soup into the kettle, being careful that no sediment follows the liquid. Set the kettle on the stove, and then mix two table-spoonfuls of arrowroot with half a cupful of cold water. As soon as the soup begins to boil, stir the arrowroot into it, and set it back where it will only simmer for the next twenty minutes. Taste, to be sure that there is enough seasoning; for more salt and pepper may be required to produce the best flavor. To the minds of some people it will be considered as an improvement to put two table-spoonfuls of brandy into the soup at the last moment.

A quick way of making a brown soup is to thicken three quarts of clear consommé or bouillon with arrowroot, and flavor it with brandy.

Beef Soup, with Barley.

Use two pounds of beef, from the round. After removing all the fat, cut the meat into small pieces and then chop it very fine. Put it into a soup-pot with two quarts of cold water; and after slowly heating the liquid to the boiling-point, and skimming carefully, cover it closely, and set it back where it will simply bubble for three hours. At the end of that time add an onion, a small slice of carrot, a stalk of celery, two cloves and a bay leaf; then simmer for another hour.

At the same time the chopped meat is put on to boil, put one-third of a cupful of well-washed barley into a stew-pan with a pint of cold water. Simmer for four hours.

Strain the soup, and add to it the cooked barley. Return the pot to the fire, and let the soup boil up. Put a table-spoonful of butter into a small stew-pan, and when it becomes hot add a table-spoonful of flour. Stir until smooth and brown; then add to the soup. Season to your taste with salt and pepper.

* Barley Soup.

Put into the soup-pot the bones and trimmings left from a dish of beefsteak, roast chicken, or other meat. Add six quarts of cold water, and when it has become heated to the boiling-point, skim it carefully, and set back where it will boil gently for four hours. Wash two-thirds of a cupful of barley, and let it simmer for three hours in two-thirds of a quart of water, — cold when put on. Cut an onion, half a small carrot, and half a small turnip into small cubes, and put them into a frying-pan containing three table-spoonfuls of butter. Cook slowly for twenty minutes. Strain the liquor from the bones in the soup-pot, and add the cooked barley to it. Now add two table-spoonfuls of flour to the butter and vegetables in the frying-pan, and stir until the mixture begins to bubble; then add the contents of the frying-pan to the soup. Season with salt and pepper, and cook half an hour longer. Serve with toasted bread.

* Shin-of-Beef Soup.

The ingredients are six pounds of the shin of beef, three onions, one turnip, one carrot, half a cupful of rice, six potatoes, a few leaves of celery, one quart of finely shred cabbage, salt, pepper, seven quarts of cold water.

Having had the shin-bone cracked, wash it, place it in the soup-kettle, and set it over a slow fire for about twenty minutes. Stir often. Now add the onions, sliced thin, and cook ten minutes longer, stirring frequently. Add the cold water, and when it comes to the boiling-point, skim. Simmer for two hours, and then add the carrot, turnip, and cabbage, all cut fine. Simmer two hours longer, and add the rice, potatoes, salt, and pepper. Cook one hour longer before serving.

Barley may be used instead of rice; but in that case it should be added with the cold water, as it requires a great deal of cooking.

* Sago Soup.

After freeing of fat all the bones that were left from a dish of roast beef, put them, with the tough, hard bits of meat, into the soup-kettle, together with a gallon of water, and boil gently for two hours; then add half a cupful of sago, three cloves, a piece of stick cinnamon about three inches long, half a teaspoonful of pepper, one table-spoonful of salt, a large onion, two large slices of carrot, two of turnip, two of parsnip, two stalks of celery or a few leaves, a small leaf of sage, a sprig of parsley, one of thyme, and one of summer savory. Simmer gently for four hours. Taste to see if seasoned enough; and if it be not, add salt and pepper. Mix two table-spoonfuls of corn-starch with a cupful of cold water, and stir into the soup. Cook half an hour longer; then strain through a colander, and serve with strips of toasted bread.

Mock Turtle Soup.

The cooking must be begun the day before the soup will be wanted. A calf's head is one of the articles needed, but a part of it may be used for dishes other than the soup. The full list of materials required for six quarts of soup is as follows: A calf's head, a shin of veal weighing six pounds, an onion, two table-spoonfuls of chopped carrot, two of turnip, three stalks of celery if it may be had, a piece of stick cinnamon about three inches long, half a blade of mace, ten cloves, twenty pepper-corns, a bay leaf, a sprig of parsley, four table-spoonfuls of butter, six table-spoonfuls of arrowroot or corn-starch, one table-spoonful each of walnut, mushroom, and tomato ketchup (as ketchups vary in strength, more may be needed to give the soup the best possible flavor), two lemons, a quantity of cold water, a gill or more of Port, some salt and pepper, and, if one choose, some egg or force-meat balls. It may seem as if six quarts of soup were too large a quantity to make at one time; therefore it may be well to say, in explanation, that a calf's head is sufficient for that quantity, and half of a head cannot be bought. Bear in mind that if all the soup be not wanted at one meal, the remainder will be good if warmed again.

Have the butcher split and scrape the calf's head, and saw the bone of the shin of veal into several parts. Wash all carefully. Put the head into a large pan, and after covering it with cold water, soak it for two hours.

At the end of that time take out the brains, place the head in a large soup-pot, and after putting in the shin also, pour in two gallons of cold water. Heat slowly to the boiling-point; then skim carefully, and set the pot back where the liquor will simply bubble for three hours. When that time has passed, take up the veal with a skimmer, and then remove the head, being careful not to break it. Strain the stock that is in the soup-pot, and put all but two quarts away to cool. These two quarts should be returned to the kettle with the shin of veal; the spice mentioned above should be added, and the kettle covered and set where its contents will only simmer.

Now put the vegetables, cut fine, and the butter into a frying-pan, and fry gently for twenty minutes. At the last moment draw the pan forward, so that the vegetables shall become slightly browned by more rapid cooking. Be careful that they do not get burned. Add these vegetables to the veal and stock, and cook all for four hours; then strain and put away to cool.

In the morning, after skimming off all the fat, turn the two lots of strained stock into the soup-pot, and set upon the stove. Add the ketchup, and also salt and pepper in quantities to suit your taste; and when the soup boils up, add the juice of a lemon, the wine, and the face of the calf, cut into small strips. Cover the soup-pot closely, and set it back where its contents will hardly bubble during the next fifteen minutes. It will then be ready to serve; but if it be intended for a late dinner it may be cooled, put away, and heated again when wanted.

Thin slices of lemon, cut in quarters, and egg balls and force-meat balls should be put into the tureen before the soup is turned into it, if one would have mock turtle soup in perfection. As it takes much time to make force-meat balls, they may be omitted; but egg balls should be used, as they are easily prepared.

Spaghetti Soup.

Put into the soup-pot two quarts of chicken stock, a whole onion, two cloves, twelve pepper-corns, a bit of cinnamon, three stalks of celery, a slice of carrot, a slice of turnip, and a bay leaf. Cover closely, and cook slowly for an hour. Season to your taste with salt and pepper, and strain through a napkin. Return to the soup-pot, and add a cupful of spaghetti, broken into short pieces. Cover the kettle, and set it where the soup will hardly bubble for an hour. This mode of cooking will insure a fine mellow flavor of the spaghetti, without breaking it, or clouding the soup.

* Turkey Soup.

After cutting from the remains of a turkey as much fat as possible, break the bones, and put them into the soup-pot, together with any dressing and bits of tough meat left from a turkey dinner. Pour upon them three quarts of cold water, and simmer for four hours. After the soup has been cooking for one hour, add one-third of a cupful of rice; and after three hours, take out the bones and skim off all the fat. Put three table-spoonfuls of butter into a small frying-pan; and when melted, put into it an onion, a slice of carrot, and three stalks of celery, all cut fine. Cook slowly for twenty minutes; then skim the vegetables from the butter and put them into the soup. Into the butter remaining in the pan put two table-spoonfuls of flour, and stir until smooth and frothy; then add this mixture to the soup. Season with salt and pepper, and cook ten minutes longer.

Chicken Soup.

Use a fowl weighing four or five pounds, one-fourth of a cupful of rice, three quarts of water, two table-spoonfuls each of minced onion, carrot, turnip, and celery, one teaspoonful of minced parsley, three table-spoonfuls of butter, two of flour, one of salt, one-third of a teaspoonful of white pepper, and a slight grating of nutmeg.

Singe, draw, and wash the fowl. Put it breast down in a deep kettle. Pour in three quarts of cold water, and then set the kettle on the fire. When the water begins to boil, skim it carefully; then set the kettle back where the contents will only simmer during the next three hours. At the end of the first hour add the rice, well washed. At the end of the three hours take up the fowl, skim the fat from the broth, and then gently pour off one pint from the upper part of the liquid, being careful to keep out all the rice. Put this away for use in making other dishes.

Now put the butter and minced vegetables into a small frying-pan, and cook slowly for ten minutes. Skim the vegetables from the butter and put them in the soup. In the butter remaining in the pan put the dry flour, and stir until smooth and frothy; then add to the soup. Add also the salt and pepper. Cook for half an hour longer, and then add the parsley, a grating of nutmeg, and one pint of the chicken, cut into cubes. Boil for five minutes before serving.

If it be inconvenient to use celery, take one-fourth of a teaspoonful of celery seed.

Chicken Gombo.

Cut two chickens into handsome pieces, and fry until a delicate brown in half a cupful of salt-pork fat, obtained by frying half a pound of salt pork slowly. When the chicken is cooked, take it up and put it into a large stew-pan. Into the fat in which the meat was fried put a large onion, cut into thin slices, and fry slowly for ten minutes; then add a quart of okra, cut fine, five sliced tomatoes, and two sprigs of parsley. Fry all these ingredients rather slowly for half an hour; then add them to the fried chicken. Pour into the dish a pint and a half of boiling water, and season with half a teaspoonful of pepper and two scant table-spoonfuls of salt. Stew slowly for two hours; then add a cupful of cream and a cupful of boiled rice. Taste, to be sure there is enough seasoning; and if there be, boil up once, and serve.

This is a famous Southern dish. When fresh okra cannot be obtained, one can of the article may be substituted. The chickens may be a year or more old. One-fifth of a teaspoonful of cayenne may be used instead of white pepper, if preferred. The dish is so substantial that it is sufficient for a dinner, with vegetables, and a light dessert.

Oyster Gombo.

Use one large chicken or two small ones, three table-spoonfuls of butter, four table-spoonfuls of flour, one quart of oysters, two quarts of boiling water, two sprigs of parsley, two of thyme, three teaspoonfuls of salt, half a teaspoonful of white pepper, one-eighth of a teaspoonful of cayenne, and one scant teaspoonful of powdered sassafras.

Draw, singe, and wash the chickens. Wipe them, and then cut into joints. Roll these pieces in the flour. Put the butter on the fire in the frying-pan; and when it becomes hot, put in the chicken, and cook until brown on all sides. Take the chicken from the frying-pan and put it in a large stew-pan with the boiling water. Put into the frying-pan any flour remaining from that in which the chicken was rolled, and stir until smooth and frothy. Add this mixture to the chicken and water. Now add the salt and pepper and the parsley and thyme, tied in a bunch. Simmer for two hours. See if the bones will slip from the chicken; if they will not, simmer until they will; then take out the herbs.

Mix the powdered sassafras with half a cupful of cold water, and stir into the stew-pan. Now add the oysters. Let the contents of the kettle boil up once, and then serve in a tureen. A dish of rice should accompany the gombo.

Okra Soup.

This is a palatable and substantial soup. It is made of a quart of okra, a fowl, a quarter of a pound of salt pork, half a can of tomato, an onion, two generous quarts of boiling water, four table-spoonfuls of flour, two generous table-spoonfuls of butter, three teaspoonfuls of salt, and half a teaspoonful of pepper. The tomato is not absolutely indispensable.

Wash the fowl, and cut it into joints and other pieces convenient to handle. Slice the pork, and fry it brown; then remove it, and put the meat into the fat. Fry until brown, and then put into a soup-pot. Wash the okra carefully, and cut it into slices. Cut the onion fine, and cook it in the frying-pan for two minutes; then put in the okra, and after cooking for ten minutes, transfer it to the soup-pot. Put the butter and flour into the frying-pan, and stir until brown. Pour two quarts of boiling water into the soup-pot, and then stir in the browned flour. Add the tomato and seasoning, and after covering the soup, let it simmer for two hours and a half. At the end of that time remove the bones of the fowl, and serve the soup without straining.

Okra-and-Rice Soup.

The materials required are two quarts of chicken stock, one quart of green okra, one uncooked tomato or four table-spoonfuls of stewed tomato, two table-spoonfuls of chopped onion, two of flour, three of butter, one-fourth of a cupful of rice, half a teaspoonful of pepper, three teaspoonfuls of salt.

Cook the butter and onion together for three minutes; then add the flour, and stir until smooth and brown. Heat the stock, and add this mixture to it; then add the tomato, salt, and pepper, and simmer for an hour.

Wash the rice in three waters, and put it into a large stew-pan. Wash the okra carefully, and after cutting off the ends of the pods, cut the remaining parts into thin slices. Put the okra into the stew-pan with the rice. Place a coarse strainer over the stew-pan, and pour the liquid mixture through it; then cover the soup, and let it simmer for an hour or more. Taste it, to ascertain whether there is a proper amount of seasoning, before serving.

* Bean Soup.

Use one pint of beans (scarlet runners are the best), two quarts of water, one table-spoonful of butter, one-fourth of a teaspoonful of pepper, and one table-spoonful of salt.

Wash the beans, and let them soak over night in three quarts of cold water. In the morning pour off the water, and put the beans in a soup-pot with two quarts of fresh cold water. Cook slowly for five hours, stirring frequently. Take the beans from the fire at the end of that time, and rub them through a sieve. Return them to the soup-pot, and after adding the salt, pepper, and butter, cook for twenty minutes longer. Serve with small squares of toasted or fried bread.

* Scotch Purée.

This is a substantial soup, being made of six large potatoes, two large onions, the yellow part of a medium-sized carrot, one pound of the neck of mutton, half a teaspoonful of pepper, two level table-spoonfuls of salt, one table-spoonful of butter, and three scant quarts of water.

Cut most of the fat from the mutton, and then cut nearly all the meat from the bones. Put the meat and bones into a large stew-pan with the cold water, and after heating slowly to the boiling-point and skimming carefully, simmer for one hour. Scrape the carrot, and then grate the yellow part, not touching the heart. Chop the onion very fine, and slice the potatoes thin.

When the meat has simmered for an hour, add the vegetables, and simmer for two hours more. At the end of that time add the pepper, salt, and butter, and cook half an hour longer. Rub through a coarse sieve, and serve hot.

* Pea Soup.

Pick over and wash a quart of dried peas, and soak over night in three quarts of cold water. In the morning pour off all this water, and put the peas into the soup-kettle with seven quarts of cold water, a pound of salt pork, three cloves, two large onions, and three stalks of celery, or, if you have no celery, one teaspoonful of celery salt. Boil gently for seven hours, stirring often, and at the end of that time rub the soup through a fine sieve. Return it to the kettle; and after tying two sprigs of parsley and two bay leaves together, add them to the soup. Taste, to be sure there is seasoning enough, and add a pint of milk or cream. When the soup boils up, serve with toasted bread cut into dice. The milk may be omitted.

St. Germain Soup.

Two cans of peas, an onion, a bay leaf, a sprig of parsley, a bit of mace, a teaspoonful of sugar, a quarter of a teaspoonful of white pepper, one table-spoonful of salt, three of butter, three of flour, a pint of milk, and three pints of stock are what St. Germain soup calls for.

Reserve half a pint of the peas, and put the remainder of the contents of the two cans into a stew-pan with the onion, pepper, salt, and sugar. Tie the herbs and mace together, and add them also. Cover the stew-pan, and simmer for half an hour, being careful not to burn; then mash the onion and peas very fine, and add the stock to them. Let the soup heat to the boiling-point, and add the flour and butter, rubbed together until light and creamy. Stir well, and cook ten minutes longer;

then rub through a fine sieve. Return to the fire, and add the milk and remainder of the peas, well drained. Cook ten minutes longer, and then satisfy yourself that there is sufficient seasoning. Serve with toasted bread.

Green Pea Soup.

This soup is made of a can of peas, a quart of chicken stock, a cupful of cream or milk, two table-spoonfuls of butter, two of flour, an onion, and salt and pepper.

Cook the onion, peas, and stock together for twenty minutes; then remove the onion, and rub the peas and stock through a sieve. Return the soup to the stew-pan, and let it simmer for ten minutes. Rub the butter and flour to a cream, and gradually add to this half a cupful of the soup; then pour the mixture into the stew-pan. Add the pepper and salt and cupful of cream; and after the soup has boiled for three minutes, it will be finished.

A much more delicious soup can be made of fresh green peas when they are in season.

Asparagus Soup.

Use a can of asparagus, a pint of white stock, a pint of cream or milk, two table-spoonfuls of butter, one of chopped onion, two of flour, one teaspoonful of sugar, one teaspoonful and a half of salt, and one-eighth of a teaspoonful of pepper.

Cut off and lay aside the heads of the asparagus, and cut the stalks into short pieces, and put them on to boil in a stew-pan with the pint of stock. Put the butter and onion into a small frying-pan, and cook slowly for ten minutes; then add the flour, and stir until the mixture is smooth and frothy, being careful not to brown. Add this, together with the sugar, salt, and pepper, to the stock and asparagus, and simmer for a quarter of an hour; then rub the soup through a sieve, and return it to the stew-pan. Add the cream and asparagus heads, and after boiling up once, serve without delay.

In case fresh asparagus be substituted for canned, use two bunches. Cook them in the stock or water for twenty minutes. Remove the heads for later use, and proceed with the cooking the same as when canned asparagus is used.

Sorrel Soup.

This palatable spring soup requires a quart of sorrel, three table-spoonfuls of butter, two table-spoonfuls of flour, a teaspoonful and a half of salt, a quarter of a teaspoonful of pepper, a teaspoonful of sugar, half an onion, half a cupful of water, a pint of milk, and a pint of cream.

After washing the sorrel, put it into a stew-pan with the cold water, and boil for ten minutes; then drain off the water, and chop the sorrel very fine. Cut the onion into bits, and putting it into a frying-pan with the butter, cook it slowly for five minutes; then add the flour, and stir until smooth and frothy. Add the chopped sorrel, sugar, salt, and pepper, and after stirring for three minutes, gradually pour in the milk, which should be cold. Simmer for five minutes, and meanwhile heat the cream to the boiling-point. Strain the soup, and add the cream to it; then serve immediately.

This is the simplest kind of sorrel soup, save that milk may be substituted for the pint of cream. A richer kind is made by using a pint of white stock in place of the same quantity of milk, and the richness may be further increased by beating the yolks of two eggs with two table-spoonfuls of milk and pouring the soup upon this mixture just before serving time. Do not fall into the error of supposing that it will be as well to stir the eggs into the soup, because they would then be cooked in flakes, whereas by the other way they are cooked to a smooth cream. Sorrel soup is not so handsome as some green soups, because the heat spoils the original color of the plant, but it is certainly delicious.

Normandy Soup.

Normandy soup is made of three pounds of the knuckle of veal, three quarts of cold water, one quart of milk, an onion, a slice of carrot, a slice of turnip, a slight grating of nutmeg, a quart of stale bread, free of crust, two large table-spoonfuls of butter and one of flour, and some salt and pepper.

After washing the veal, put it on the stove with the cold water; and when the water begins to boil, skim it carefully, and set back where it will boil only gently. After the meat has been cooked for three hours, put the butter into a small frying-pan with the onion, turnip, and carrot, all cut fine, and cook slowly for ten minutes; then draw the vegetables to the side of the pan, press the butter from them, and transfer them to the soup-pot. Put the flour with the butter remaining in the frying-pan, and stir until the mixture is smooth and frothy, but not till it is brown; then add to the contents of the kettle. Add also the bread, nutmeg, one table-spoonful and a half of salt, and half a teaspoonful of pepper. Cook the soup slowly for two hours more; then remove it from the fire, and press through a colander. The veal, of course, will not pass through, but all the rest should. It should then be returned to the kettle, and the quart of milk, heated to the boiling-point, should be added. When the soup boils up it will be ready for serving.

Garbure à la Printanière.

This is a variety of vegetable soup which is very popular in France. For six or eight persons use three quarts of cold water, four or five pounds of the upper part of the round of beef, two onions, a quart of fine-shred cabbage, one pint each of carrots and turnips, and half a pint of celery, cut into dice, one pint of peas, if they be in season, two young leeks, four cloves, the crust of a good-sized loaf of bread, one level teaspoonful of pepper, one table-spoonful of sugar, two of salt, and three of butter.

After putting the beef, in one solid piece, into the soup-pot, and adding the cold water, set the soup-pot where its contents will heat slowly to the boiling-point. Skim the liquid carefully, and set back where it will remain at the boiling-point temperature for five hours. When three hours have passed, pare one of the onions, and placing it in an old saucer, bake it in a hot oven until it turns a delicate brown, — say for fifteen or twenty minutes. Put the onion into the soup-pot, and also put in a table-spoonful of the carrot, of the turnip, of the celery, and of the salt, as well as half a teaspoonful of the pepper. Cover the kettle, and cook the contents for an hour and a half.

At the end of the hour cut the bread crust into pieces about two inches square, and after spreading them in a pan, put them into a moderate oven to dry. Now put the cabbage into a stew-pan with one pint of boiling water. Cover the pan, and set where the contents will boil gently. Next put the butter into a stew-pan, and add the remaining carrots, turnips, and celery, and the onion, cut fine. Shake the pan over the fire for a few minutes; then add the sugar. Cover, and cook slowly for half an hour, stirring frequently, and being careful not to brown the vegetables.

At the end of the half-hour turn the cabbage into a strainer, and pour cold water over it. Drain the cabbage well, and add it, with the peas, to the vegetables in the stew-pan. Add, also, a quart of broth from the soup-pot, besides the remaining salt and pepper. Cover, and cook slowly for one hour.

When the vegetables have been cooking for half an hour in the stock, spread the crust of bread on the bottom and sides of a deep dish, and moisten them with a generous pint of broth from the soup-pot, taking the broth from the top, so as to get as much fat as possible.

Set the dish in a moderate oven, and cook for half an hour. On taking it from the oven at the end of this time, pour the vegetables and their broth over the bread crusts. Strain the broth from the soup-pot into the tureen, and serve at once.

The mode of serving this is to put some of the vegetables and the bread in each soup plate, and then turn a ladle of soup into the dish.

The meat may be served in a separate course. There should be a good brown sauce or a Mayonnaise sauce to go with it.

Spring Soup.

This differs only slightly from ordinary Julienne soup. The carrots and turnips should be cut into little balls with a vegetable-cutter, and the string-beans and shell-beans should be cut into small cubes. Any vegetable or any green salad may be used in the soup. The French word *printanière* is used more commonly on bills of fare to describe this soup than the English word "Spring." One finds under various fine names dozens of soups that vary only in the slightest degree. This is the case with a great many soups made of clear stock; the change of a single ingredient often being sufficient cause for a change of name.

Carrot Soup.

For this light summer soup there will be needed a quart of grated carrot, which gives it the flavor and color, and two quarts of stock, two table-spoonfuls of butter, two of flour, one of salt, half a teaspoonful of pepper, an onion, and a pint of milk or cream.

Wash, scrape, and grate enough carrots to fill a quart measure, and turn into a soup-pot with the stock, onion, salt, and pepper. Heat to the boiling-point, and set back where the soup will simply simmer for one hour. At the end of that time put the butter into a small frying-pan, and when it becomes hot, add the flour. Stir the mixture until it gets smooth and frothy; then add to the contents of the soup-pot. Boil for ten minutes. Pour the soup into a fine sieve, and after removing the onion, rub as much of the carrot as possible through the sieve. Return the strained mixture to the soup-pot, and add the milk or cream. Boil up once, and serve.

It adds to the appearance and flavor of the soup to stir the beaten yolks of four eggs into the cold cream or milk before turning it into the soup-pot. But if eggs be used, great care must be taken to prevent the soup from boiling after the addition is made. Simply allow it to get hot, for boiling would curdle the eggs and mar the appearance of the dish.

Purée of Carrots.

For this soup use one quart of the red part of the carrot, grated, one quart of white stock, one quart of milk, one pint of boiling water, one pint of stale bread, free of crust, two teaspoonfuls of sugar, three level teaspoonfuls of salt, one-fourth of a teaspoonful of pepper, and four table-spoonfuls of butter.

Put the grated carrot, the pint of boiling water, the butter and sugar into a stew-pan, and after covering closely, let them simmer for one hour; then add the bread and stock, and cook for an hour longer. At the end of that time take the pan from the stove, and rub its contents first through a purée sieve, and then through a fine French sieve. Add the salt and pepper; and after reserving half a cupful of the milk, add the remainder, which should be hot. Return the soup to the fire, and let it boil up once; then add the egg yolks, after beating them in the cold milk that was set aside. Cook for one minute, stirring all the while, and serve immediately afterward.

With the materials given in this receipt, two quarts of soup may be made, — enough for ten or twelve persons.

* Tomato Soup.

Put a gallon of water into the soup-pot, and add to it the bones and gristle left from a roast of mutton or any other roast. Boil until the liquid is reduced to two quarts; then strain, and set in a cool place. At the end of an hour skim off all the fat, and return the stock to the soup-pot, adding to it a can of tomatoes, four cloves, half a teaspoonful of pepper, a table-spoonful of salt, and a grain of cayenne. Put on to boil. In the mean time put four table-spoonfuls of butter into the frying-pan, and when it has become melted, add an onion, two slices of carrot, two of turnip, and four stalks of celery, all cut fine. Cook slowly for a quarter of an hour; then draw the vegetables to the side of the pan, and after pressing the butter from them, put them into the soup. Into the butter remaining in the frying-pan put four table-spoonfuls of flour, and stir until smooth and frothy; then add to the soup, being careful to scrape every particle of the mixture out of the pan. Let the soup simmer for half an hour. Taste, to ascertain whether there is enough seasoning. Strain, and serve with fried bread.

Two quarts of stock may be substituted for the bones and water.

* Green-Corn-and-Tomato Soup.

This requires two pounds of the neck of beef, a quart of sliced tomatoes, a quart of corn sliced from the cob, three pints of water, one table-spoonful of butter, one of flour, and salt and pepper to suit the taste. Put the meat and water into a soup-pot, and as soon as the liquor begins to boil, skim it carefully. Simmer for three hours; then add the tomato and the corn-cobs. Cook for half an hour; then strain into another kettle, and add the corn, the flour and butter mixed together, and enough salt and pepper to season well. Cook forty minutes longer.

* Macaroni-and-Tomato Soup.

The materials required are two pounds of the neck of beef, three quarts of water, one pint of stewed tomato, one pint of macaroni broken into two-inch pieces, an onion, two cloves, a sprig of parsley, half a cupful of corn-starch, two table-spoonfuls of butter, about three teaspoonfuls of salt, and half a teaspoonful of pepper.

Have the meat perfectly clean and broken into small pieces. Put it into a soup-pot with the cold water, and heat it slowly to the boiling-point; then skim carefully, and simmer for two hours. At the end of that time add the onion, parsley, and clove, and cook for an hour longer. After skimming off all fat from the soup, mix the corn-starch with a cupful of cold water, and stir it into the soup. Now add the tomato, salt, and pepper, and cook gently for half an hour longer. Wash the macaroni in cold water, and put it into a stew-pan with a quart of boiling water. Boil rapidly for twenty minutes; then turn the macaroni into a colander, and pour a quart of cold water over it. Strain the soup, and return it to the kettle; then add the macaroni, and cook for twenty minutes. Serve toasted bread with the soup.

* Rice-and-Tomato Soup.

For six or eight persons use one can of tomato, one-third of a cupful of rice, a large onion, a large slice of carrot, a quart of water, three table-spoonfuls of butter, three teaspoonfuls of salt, half a teaspoonful of pepper, and two table-spoonfuls of flour.

Cut the onion and carrot very fine, and put them into a small frying-pan, with the butter. Cook slowly for twenty minutes. Put the tomato and a quart of water into a stew-pan, and heat until the liquid boils up. When the vegetables have been cooked for twenty minutes, skim them from the butter, and add them to the tomato and water. Put the flour with the butter remaining in the pan, and cook until smooth and frothy, stirring all the while; then add to the mixture in the stew-pan, and set this pan where its contents will simmer for half an hour.

Wash the rice, and put it into the soup-pot. When the tomato mixture has been cooked for half an hour, rub it through a sieve, pressing everything through except the seeds and skins. Pour the strained mixture over the rice. Add the salt and pepper, and set the soup-pot where its contents will cook slowly for an hour. Stir the soup several times to prevent the rice from sticking to the bottom of the kettle. Serve very hot.

Purée of Tomatoes.

To make soup enough for eight or ten persons, use one can of tomatoes, three pints of stock, one ounce of ham. a table-spoonful of chopped onion, one of chopped carrot, a sprig of parsley, a clove, two table-spoonfuls of butter, two of flour, half a teaspoonful of pepper, three level teaspoonfuls of salt, one teaspoonful of sugar, and a pint of stale bread, free of crust.

Put the tomato, ham, parsley, and clove on to boil. Put the butter and vegetables in a small frying-pan, and cook slowly for fifteen minutes; then skim the vegetables from the butter, and add them to the tomato. Stir the flour into the butter remaining in the pan, and cook until smooth and frothy, stirring all the while. Add this mixture, with the salt and pepper, to the tomato, and cook for forty minutes.

Let the bread and stock simmer for half an hour. Strain the tomato mixture over this liquid, and then rub the soup through a fine sieve. Return it to the fire, and let it boil up once; and after tasting, to make sure that it is properly seasoned, serve at once.

Purée of Spinach.

In making this soup there will be used half a peck of spinach, a quart of stock, a pint of milk, half a pint of cream, three table-spoonfuls of butter, the same quantity of flour, a teaspoonful of sugar, and some salt and pepper.

Wash the spinach until there is no sand visible, and put it into a stew-pan without water. Cover closely, and simmer for half an hour. Take up, chop very fine, and pound to a paste; then rub through a purée sieve. Put the butter and flour into a stew-pan, and stir until the mixture is smooth and frothy; then add the spinach, sugar, salt, and pepper, and stir for ten minutes. Gradually add the stock; and when the mixture begins to boil, add the hot milk and cream. Boil up once, and remove and rub through a fine sieve. Return to the fire; and when the purée begins to boil again, serve with fried or toasted bread.

Purée of Cauliflower.

For this soup there will be required one good-sized cauliflower, three table-spoonfuls of butter, two table-spoonfuls of flour, a small onion, a stalk of celery, a bay leaf, a teaspoonful of sugar, one quart of white stock, — say chicken stock, — one pint of milk, half a pint of cream, and some salt and pepper.

After ridding the cauliflower of its green leaves, let it soak, head down, in a pan of cold water for two hours; then put it into a stew-pan, with one table-spoonful of salt and enough boiling water to cover it, and boil gently for twenty-five minutes. Drain off all the water, and after taking from the cauliflower enough little flowerets to make a scant pint, chop and pound the remainder.

Put the butter into a stew-pan; and when it becomes melted, add the onion and celery, cut fine, and the bay leaf. Cook slowly for ten minutes; then remove the leaf and put in the flour. Stir until smooth and frothy; and after adding the mashed cauliflower, sugar, salt, and pepper, stir the mixture over the fire for ten minutes, being watchful to prevent it from browning. Rub through a sieve, and return to the stew-pan. Stir until hot; then gradually add the stock. When the soup has been heated to the boiling-point, add the milk and cream, which should be hot, but not boiling. Let the purée bubble for a minute; then rub through a sieve for the second time, and return it to the fire. Add the flowerets, boil up once, and serve.

Do not be deterred by these long directions from making the soup, for the work is not difficult.

Bisque of Mutton.

Provide for this soup three pounds of the neck of mutton, two quarts of water, one quart of milk, half a cupful of rice, a cupful of stewed tomatoes, two slices of carrot, an onion, three teaspoonfuls of salt, half a teaspoonful of pepper, a table-spoonful of flour, and a table-spoonful of butter.

See that the meat is perfectly clean and free of fat. Put it into a soup-pot with the rice, vegetables, and cold water, and heat slowly to the boiling-point. When the liquid begins to boil, skim it carefully; then cover the soup-pot closely, and set back where its contents will cook gently for four hours. At the end of that time add the butter and flour, mixed to a smooth paste, and the salt and pepper. Put the quart of milk on the stove in a double-boiler; and as soon as it gets boiling hot, pour it into the kettle. Strain the soup immediately, and the work will be finished.

The bones and hard bits left from a roast of mutton, veal, or beef may be used for this soup, which should then be given the name of the meat taken for its foundation.

Bisque of Beef.

Use three pounds of the lower part of a leg of beef (have the butcher cut it into small pieces), three quarts of cold water, one pint of milk, a scant half-cupful of rice, half a pint of strained tomato, a table-spoonful of salt, and a quarter of a teaspoonful of pepper.

Put the meat and bone into the soup-pot with the cold water, and heat slowly to the boiling-point; then skim the liquor carefully, and set the soup-pot back where its contents will only simmer during the next five hours. At the expiration of that time strain the liquor, and free it of fat; then return it to the soup-pot. Wash the rice thoroughly, and after adding it to the bisque, cook for half an hour; then put in the milk and seasoning, and boil up once. The addition of the tomato completes the work.

*Scotch Broth.

From about two pounds of the neck of mutton remove all fat and bone. Put the bone into a stew-pan with two quarts of water, and simmer for one hour. Cut the lean mutton into cubes, and put it into a stew-pan with a scant half-teacupful of well-washed pearl barley, and two table-spoonfuls each of onion, carrot, turnip, and celery, all cut fine. Strain the water from the bones on this preparation, and place where the broth will simmer for three hours. When it begins to bubble, skim it, and add half a teaspoonful of pepper and a level table-spoonful of salt. At the end of the three hours put a table-spoonful of butter into a small saucepan, and place it on the fire. As soon as the butter becomes hot, add a table-spoonful of flour, and stir until the mixture is smooth and frothy. Stir this into the broth, add the minced parsley, and cook for ten minutes longer.

This is such a substantial soup that it should be served for luncheon, or when the main part of the dinner is light.

If the amount of salt and pepper given be insufficient, add more.

Cream-of-Cauliflower Soup.

Carefully wash a good-sized cauliflower, and putting it into a kettle that will hold little beside it, cover with boiling chicken stock, and boil slowly for thirty-five minutes. Boil together for twenty minutes a quart of milk and a large onion. When the cauliflower has been cooked for the prescribed time, take it up, and after putting aside a quarter of it, mash the remainder fine in a wooden bowl, using a vegetable-masher. Return this part to the liquor in which it was boiled (there should not be more than a quart), and add the milk in which the onion was cooked, as well as the slightest grating of nutmeg. Strain the mixture into the double-boiler, and return to the fire. Mix three large table-spoonfuls of butter with three of flour, and stir into the soup. Season with salt and pepper. Break into little pieces the quarter of the cauliflower which was reserved, and add to the soup. With ten minutes' more cooking, the dish will be finished.

Cream-of-Macaroni Soup.

Break up fine, and then wash, half a cupful of macaroni, and put it into the soup-pot with a quart of chicken stock, a quarter of an onion, a small slice of carrot, a stalk of celery, a small piece of cinnamon, and a slight grating of nutmeg. Cover, and cook very slowly for two hours. Tie together a sprig of parsley, a bay leaf, a leaf of sage, and a sprig of thyme, and allow the bunch to remain in the soup-pot for five minutes. Rub the soup through a purée sieve (one of coarse wire, sometimes called a squash sieve, may be used); then add one-third of a teaspoonful of white pepper and a heaping teaspoonful of salt, and rub through the sieve again. Return to the double-boiler, and cook for half an hour.

At the end of that time put two table-spoonfuls of butter into the frying-pan, and when it has become hot, add a table-spoonful of flour. Stir until smooth and frothy, being careful that it does not become brown, and then stir into the soup. Add a pint of cream that has been heated to the boiling-point. Beat together the yolks of two eggs and a cupful of cold milk, and stir this mixture into the soup. Serve immediately.

This soup should not be allowed to boil after the yolks of the eggs have been added. As salt and pepper vary in strength, more may be required than the quantities stated above. Just before stirring in the egg mixture, taste the soup; and if more seasoning be needed, add it then.

*Cream-of-Rice Soup.

For three quarts of soup there will be required two pounds of the neck or shin of beef or veal or of the neck of mutton, an onion, two slices of carrot, a stalk of celery, when it may be obtained, half a cupful of rice, two quarts and a pint of water, a quart of milk, a generous table-spoonful of salt, half a teaspoonful of pepper, one table-spoonful of butter, two cloves, and a small piece of stick cinnamon.

Be careful that the meat is perfectly sweet and clean, and rid it of all its fat. After cutting it into small pieces and putting it into a good-sized stew-pan, pour the cold water upon it. Heat slowly to the boiling-point; then skim, cover closely again, and set back where the water will boil slowly for four hours. At the end of three hours add the vegetables and spice.

Wash the half-cupful of rice carefully, and put it into a deep stew-pan. Strain upon it the liquor from the meat, when it has cooked four hours, and set the stew-pan where the soup will simmer for an hour and a half; then add the salt and pepper, and strain the soup through a fine sieve, rubbing every particle of rice through the meshes. Return the mixture to the stew-pan, and put it back on the fire. Heat the quart of milk to the boiling-point, in a double-boiler (so as to prevent burning), and add it to the soup. Add also the table-spoonful of butter. Boil up once, and serve.

Cream-of-tapioca and cream-of-sago soups may be prepared in the same way, only the soup should not be strained after the sago or tapioca has been added, the first straining being sufficient.

* Cream-of-Barley Soup.

This is made in the same way as cream-of-rice soup, only the barley must be cooked for four hours. If it be one's custom to have an early dinner, or if the soup is to be served at luncheon, it will be well to prepare the stock the previous day.

Cream-of-Bread Soup.

The directions for cream-of-rice soup should be followed, save that two quarts of broken bread should be substituted for the half-cupful of rice. It should be cooked in the stock and rubbed through a sieve, and the soup should be finished like the first one. The bread used must be yeast bread, at least two days old; it should be broken into pieces about half the size of a hen's egg, and be measured lightly. This soup is a very smooth and nice one.

Two quarts and half a pint of any kind of stock, if you have it, will do for these soups. All the trimmings, bones, and gristle left from broils or a roast may be used to produce stock. The water in which poultry or mutton has been boiled will answer very well. Of course the richer the stock, the more nutritious the soup will be.

Peas, asparagus, cauliflower, carrots, celery, and potatoes all make the most delicious cream soups, with or without stock for a foundation. When one has cream to spare, it is advisable to put it into a soup; for half a pint, costing perhaps ten cents, will add fifty per cent to the flavor.

* Tapioca-and-Milk Soup.

For six or eight persons use half a cupful of tapioca, two cupfuls of water, three pints of milk, three tablespoonfuls of butter, two of flour, one of salt, one-third of a teaspoonful of pepper, one large onion, two blades of celery, and a slight grating of nutmeg.

Wash the tapioca, and let it soak for six hours or more in the two cupfuls of cold water; then put it into the double-boiler, and cook it for an hour. At the end of this time put the milk into another double-boiler, and set it on the stove to heat. Now put the butter, the onion, and the celery, chopped fine, into a small frying-pan, and cook slowly for ten minutes; then add the flour, and stir until smooth and frothy. Pour the contents of the pan into the boiler of hot milk; and after adding the salt, pepper, and nutmeg, cook ten minutes longer. At the end of this time strain the milk mixture into the boiler containing the tapioca, and cook all for half an hour. Taste the soup, to be sure that there is seasoning enough; it may be necessary to add some salt or pepper.

Rice, sago, and barley soup may be made in the same manner, save that barley must be cooked for five hours.

* Poulette Soup.

For this soup use three pints of milk, three tablespoonfuls of butter, three of flour, three each of chopped onion, celery, carrot, and turnip, a bay leaf, a sprig of parsley, half a blade of mace, three level teaspoonfuls of salt, one-third of a teaspoonful of pepper, one cupful of cream, and the yolks of four eggs.

Put the milk on the stove in a double-boiler, with the mace, parsley, and bay leaf. Put the butter and chopped vegetables in a saucepan, and let them cook slowly for twenty minutes, being careful that they do not brown; then add the flour, and stir until the mixture becomes frothy. Now gradually pour the milk upon it, and cook for five minutes, stirring all the while. Add the salt and pepper, and turn the mixture into the double-boiler, to cook for half an hour.

Beat the yolks of the eggs well, and add the cream to them. Stir this mixture into the soup, and cook for one minute, stirring all the time. Remove the soup from the fire immediately, and strain into a tureen. Serve with either toasted crackers or bread.

* Noodle Soup.

To make the noodles, break a large egg into a bowl, and beat into it a little more than half a cupful of flour and one-fourth of a teaspoonful of salt. Now work this dough with the hands until it becomes smooth and like putty. Sprinkle a moulding-board with flour, and roll the dough as thin as possible. It should be like a wafer. Let it lie upon the board for five minutes; then roll it up loosely, and with a sharp knife cut it into slices about one-third of an inch thick. Spread these little pieces on the board, and let them dry for half an hour or more. Put on the stove a large saucepan containing two quarts of boiling water. Add a table-spoonful of salt, and after turning the noodles into the water, cook them rapidly for twenty-five minutes. Turn into a colander, and drain.

To make the soup, use three pints of milk, three table-spoonfuls of flour, one slice of onion, a bit of mace, two teaspoonfuls of salt, and one-third of a teaspoonful of pepper.

Reserve half a cupful of the milk, and put the rest, with the onion and mace, on the stove in a double-boiler. Mix the flour and cold milk, and stir the mixture into the boiling milk Add the salt and pepper, and cook for fifteen minutes. At the end of that time take out the mace and onion and add the noodles. Five minutes' cooking will complete the work.

Cream-of-Artichoke Soup.

When French artichokes are comparatively cheap and in fine condition, it is well to use them in soup as well as a vegetable. Here is a simple rule for a cream soup made with them:—

Use one quart of milk, two artichokes of good size, two table-spoonfuls of butter, two generous table-spoonfuls of flour, one teaspoonful of salt, and one-fourth of a teaspoonful of white pepper.

Wash the artichokes, and let them stand for an hour in two quarts of cold water to which has been added two table-spoonfuls of salt. If the edges of the leaves be dry or brown, cut them (the edges) off. At the end of the two hours place the artichokes in a stew-pan with boiling water enough to cover them, and boil for thirty-five minutes. Now take from the fire, and drain. Pull the leaves from the head; then take out the "choke" and throw it away. Put the leaves and the bottoms of the artichokes in a purée sieve, and rub all the soft parts through. Add the strained artichokes to a cream foundation, and after boiling the soup up once, serve.

This is the way to make the cream foundation to which reference has just been made: When the artichokes have been cooking for a quarter of an hour, put the milk on the fire in the double-boiler. Beat the butter and flour together, and gradually pour upon this mixture about half a pint of the boiling milk. Stir this new mixture into the milk remaining in the double-boiler. Add the salt and pepper, and cook for ten minutes. The cream will then be ready for the artichokes.

This soup is sometimes garnished with chicken force-meat balls or with profiteroles. Indeed, the latter articles are becoming quite popular as an accompaniment of cream soups as well as of consommé.

* Palestine Soup.

For one quart of soup use enough Jerusalem artichokes to make a generous pint when pared and sliced, one generous pint of milk, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, two table-spoonfuls of butter, and two of flour.

Scrape the artichokes, and put them in cold water. When they all have been scraped, slice them, and place them in another basin of cold water. Let them stand for half an hour; then put them in a stew-pan with two quarts of boiling water, and cook for an hour and a quarter. At the end of that time rub the artichokes through a fine sieve; then add to them one pint of the water in which they were boiled. Set upon the stove, and heat to the boiling-point. Rub the butter and flour together, and stir into the boiling mixture. Add the salt and pepper, and cook for ten minutes. Put the milk on the stove in a double-boiler; and when the soup has cooked for ten minutes, add the hot milk to it, and boil up once. Serve with toasted bread.

Unless the artichokes be kept in water until they are cooked they will grow dark, and spoil the appearance of the soup.

Imperial Soup.

If enough be wanted for six persons, use one quart of chicken stock, one pint of cream, half a pint of stale bread, free of crust, half the breast of a fowl, one level teaspoonful and a half of salt, one-fourth of a teaspoonful of pepper, one table-spoonful of flour, two of butter, two of sherry, one of brandy, one bay leaf, one clove, one sprig of parsley, one of thyme, a bit of cinnamon and of mace, a table-spoonful each of carrot, onion, and celery, and the yolks of four eggs.

Clean the fowl, and cover it with cold water. About three quarts will be needed. Heat it slowly to the boiling-point, and skim carefully; then set back where the meat will simply be simmered until tender.

On removing the fowl, boil the water rapidly until there is but a little less than two quarts left. Strain this, and set away to cool; and when it is cool, skim off all the fat. Put a quart of this stock in a stew-pan with the stale bread, and cook for one hour, being careful not to let it boil.

Put the butter and vegetables in a small frying-pan, and cook slowly for twenty minutes. Pains must be taken to prevent them from getting browned. At the end of the twenty minutes skim out the vegetables, and put them in a muslin bag with the herbs and spice. Tie the bag, and put it in the stew-pan with the stock and bread.

Add the flour to the butter remaining in the pan, and stir until smooth and frothy; then stir into the mixture in the stew-pan. Add the salt and pepper, and continue cooking the stock until the hour expires.

Meanwhile chop the breast of the cooked chicken, and pound it to a powder. Take the bag of seasonings from the soup, and add the powdered meat. Cook for ten minutes, and then rub through two sieves, — the second being a French fine sieve. Put the strained mixture into a double-boiler, with three gills of hot cream, and after covering, cook for five minutes.

Beat the yolks of the eggs until light, and add to them a gill of cold cream. Stir this liquid into the soup, and cook for one minute, stirring all the while; then take the soup from the fire, add the brandy and wine, and serve at once.

Not everybody would like the flavors of the wine and liquor. They are not essential to the success of the soup. People who are fond of terrapin will, however, consider the soup as much improved if these last two ingredients be used.

Velvet Soup.

At one time it was fashionable to serve only clear soups at company dinners or luncheons; but opinions on the subject have changed, and now delicate cream soups and bisques are considered better. For velvet soup you will require a fowl weighing about five pounds, three pints of cream, half a pint of blanched almonds, a generous pint of stale bread, two table-spoonfuls of butter, one of flour, three stalks of celery, a slice of carrot, an onion, two bay leaves, two sprigs of parsley, two cloves, a small piece of cinnamon, a bit of mace, a table-spoonful and a half of salt, half a teaspoonful of white pepper, and two generous quarts of water.

After cleaning the fowl, place it in a small stew-pan, breast down. Pour in the water; and when it has been heated to the boiling-point, skim carefully, and set the pan back where the water will simply simmer until the meat is tender, — say for two hours. When the cooking is over, take up the fowl, and skim all the fat from the water. Strain the water through an old napkin into a clean stew-pan, and put with it the stale bread and the vegetables and spice, tied loosely in a small piece of thin muslin. Simmer for one hour. Meanwhile free the breast of the fowl of skin, fat, and bones; and after chopping it fine, pound it to powder with a vegetable-masher. Put aside for the present. Blanch the almonds, and pound them to powder in a mortar, adding, in small quantities from time to time, half a cupful of cream taken from the three pints.

When the chicken stock has simmered for an hour, take it from the fire; and after removing the muslin and its contents, rub the stock and bread through a fine sieve. Add the salt, pepper, almonds, powdered breast of the fowl, and the cream. Place on the fire; and as soon as the mixture boils up, add the flour and butter, rubbed together until creamy. Boil for five minutes, and rub through a French fine sieve. Serve with chicken forcemeat balls.

This soup may be begun the day before it is to be served. But the almonds and cream should not be added. Stop when reaching that point. Let your measuring of salt and pepper be generous.

Those parts of the fowl not needed for the soup may be used for croquettes, a fricassee, blanquettes, or salad.

Purée of Grouse.

The ingredients are: a grouse, a quart of beef stock, three pints of water, two table-spoonfuls of butter, one of flour, one-third of a cupful of rice, an onion, a lemon, two stalks of celery, a bay leaf, two cloves, and some salt and pepper.

Roast the bird for half an hour. Take all the meat from the bones, and after removing the skin and fat, chop it fine, and pound to powder. Set away for a while, and, putting the bones into a stew-pan containing three pints of water, simmer for three hours. There should be a quart of liquor at the end of that time. Strain it, and return it to the stew-pan.

Wash the rice, and put it into a small stew-pan with one cupful and a half of the beef stock, to cook slowly for an hour, — the pan being covered closely all the time. Rub the rice through a sieve, and add it to the powdered grouse.

Put the butter, vegetables, bay leaf, and spice into a small frying-pan, and cook slowly for ten minutes; then draw the pan forward to a place where the heat is greater. Add the flour, and stir until it gets brown. Gradually add the remainder of the stock, and after boiling for five minutes, strain into the dish containing the water in which the bones of the grouse were simmered.

Put the rice and grouse into a stew-pan, and after adding the salt and pepper, stir over the fire for eight minutes. Add the seasoned and thickened stock, a little at a time. Heat the purée to the boiling-point, and rub it through a sieve; then heat it again, and serve with or without force-meat balls, as suits your fancy. After the soup has been put into the tureen, add the lemon, sliced very thin.

Potato Soup.

For six persons use half a dozen large potatoes, one table-spoonful of chopped onion, half a pint of chopped celery, one table-spoonful of flour, a heaping teaspoonful of salt, one-fourth of a teaspoonful of white pepper, a pint and a half of milk, one pint of cream, four table-spoonfuls of sherry.

Pare the potatoes, and put them in a stew-pan with enough boiling water to cover them. Boil for half an hour. When the potatoes are put on to boil, put the celery, onion, and a pint of milk on to boil in the double-boiler. Mix the half-pint of cold milk with the flour, and stir the mixture into the boiling milk.

Five minutes before the potatoes are done, put the cream in a small saucepan, and place this on the fire in a larger saucepan containing a little boiling water.

Drain all the water from the potatoes, and mash them until they are smooth and light. Gradually add the boiling milk and vegetables, beating constantly. Now add the salt and pepper, and strain the mixture into the double-boiler, rubbing as much as possible through the strainer. Place over the fire, and after adding the butter, cook for five minutes. Now add the hot cream, and turn the soup into the tureen at once. Stir in the sherry, and serve immediately.

The wine may be omitted.

* Corn Soup.

Use one can of corn, one quart and two gills of milk, three table-spoonfuls of butter, two of flour, one generous teaspoonful of salt, one-fourth of a teaspoonful of pepper, one table-spoonful of minced onion, and the yolks of two eggs.

Put the corn into a wooden bowl or chopping-tray, and mash it as fine as possible. Now put it in the double-boiler, with one quart of milk, and cook for fifteen minutes.

Put the butter and onion in a small frying-pan, and cook slowly for ten minutes. Now add the flour, and cook until the mixture is frothy, being careful not to brown. Stir this into the corn and milk. Now add the salt and pepper, and cook for ten minutes longer. At the end of this time rub the soup through a strainer, and return to the fire.

Beat the yolks of the eggs well, and add to them the half-pint of cold milk. Stir this mixture into the soup, and cook for one minute, stirring all the while.

Chestnut Soup.

Use fifty French chestnuts, two quarts of stock, one pint of stale bread, free of crust, one pint of milk or cream, a slight grating of nutmeg, one table-spoonful of butter, one of salt, and half a teaspoonful of pepper.

Blanch the chestnuts, and then boil them for half an hour in plenty of water. Drain off the water, and pound the chestnuts in a mortar until a fine meal is produced. To this gradually add one quart of the stock, pounding all the while. Rub this mixture through a fine sieve. Now put the strained mixture and all the other ingredients, except the butter and milk, in a stew-pan, and place on the fire. Cook gently for two hours. At the end of that time take from the fire, and rub through a fine sieve. Add the butter and milk, and return to the fire. Heat to the boiling-point, stirring constantly. Taste, to see if seasoned enough. Possibly it may be well to add some salt and pepper. Serve at once.

* Fish Chowder.

Almost any kind of fish may be used for a chowder, but nothing is quite equal to cod or haddock when either may be had fresh. White fish is always preferable to any dark fish. For a chowder for six persons use a fish weighing four pounds, a quart of pared and thin-sliced potatoes, a quarter of a pound of salt pork, two good-sized onions, half a dozen crackers (Boston butter crackers are best, though any kind of plain crackers will do), two quarts of water, one pint of milk, one table-spoonful of flour, and salt and pepper to suit the taste, — perhaps four teaspoonfuls of salt and half a teaspoonful of pepper.

Put the potatoes into a large stew-pan with one quart of the cold water, and boil for ten minutes. After freeing the fish of skin and bones, cut it into small pieces. Spread these upon a platter, and dredge them with salt and pepper. Cut the pork into bits, and cook in a frying-pan until brown; then add the onion, sliced very thin, and fry slowly until it turns light brown. Spread the pork and onion on the fish, and cover until ready for use. Stir the flour into the fat remaining in the frying-pan, and cook until smooth and frothy; then gradually add the milk, and boil up once.

By this time the potatoes will probably have boiled ten minutes. If not, wait until they are cooked, and then add the fish, pork, and onion to them. Add, also, the second quart of water, boiling hot, and cook for three minutes; then turn the thickened milk from the frying-pan into the stew-pan. Split the crackers, and put them into a tureen. Let the chowder boil up once, and after satisfying yourself that it is sufficiently seasoned, turn it into the tureen.

In case it be inconvenient to get milk for the chowder, use an extra, but scant, pint of water. If one choose, the potatoes, fish, onion, and pork all may be prepared some time in advance of the cooking, which, in that case, will take only about twenty minutes. The potatoes must be covered with cold water, and the fish be kept in a cold place until the time for cooking.

* Clam Chowder.

For six persons use one quart of clams or thirty of good size, one pint and a half of thin-sliced potatoes, three pints of water, one pint of milk, one large onion, three ounces of fat salt pork, two table-spoonfuls of flour, one table-spoonful and a half of salt, half a teaspoonful of pepper, and six Boston crackers.

Wash the clams in the cold water, and turn both water and clams into a colander that has been placed over a bowl. Now cut the soft parts of the clams from the hard, and put them away in a cold place. Chop the hard parts rather fine, and put them in a stew-pan. Strain through a napkin the water in which the clams were washed, and add it to the chopped parts. Cover the stew-pan, and cook slowly for half an hour.

Now cut the pork in thin slices, and fry slowly for ten minutes; then add the onion, cut fine, and cook for ten minutes longer, stirring frequently, that it may not burn.

When the onions have been cooked for ten minutes, take them, and also the pork, from the pan, and add both to the chopped clams and water. Cook for ten minutes. Into the fat remaining in the pan put the flour, and stir until smooth and frothy. Add this mixture also to the clam broth. Now put the sliced potatoes into the soup-pot, and sprinkle in the salt and pepper. Strain over the chowder the liquor in which the clams and other ingredients were cooked, and place the kettle on the fire. Cook for twenty minutes.

Split the crackers, and soak them in the cold milk for one minute. Now add the soft parts of the clams and the crackers and milk to the contents of the soup-pot. Let all boil up once, and serve.

The milk may be omitted, and one pint of strained tomatoes be substituted for it. In this case add the tomatoes when the broth and potatoes have been cooking for ten minutes, and cook twenty minutes longer. Soak the crackers in water for half a minute; then drain them well, and add them, together with the soft parts of the clams, to the chowder. Cook for five minutes longer.

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* Cut the black heads from a quart of clams, and boil them gently in three pints of water for twenty minutes. Cut a quarter of a pound of salt pork into slices, and fry until brown and crisp; then add a large onion, cut into slices, and cook slowly for ten minutes. Put a quart of pared and sliced raw potatoes into a soup-kettle, and after placing a strainer over them, pour the onion and pork into the strainer; then pour in the water in which the black parts of the clams were cooked. Remove the strainer, with the pork and onion, — which are of no further use. Heat the mixture in the kettle to the boiling-point, and add three table-spoonfuls of flour, mixed with a cupful of cold water. After boiling gently for twenty minutes, add a quart of milk that has boiled up once, a table-spoonful of butter, eight soft crackers, the soft parts of the clams, and salt and pepper to suit the taste. Boil up the chowder once, and serve.

In cooking clams in any manner, remember that they are toughened by long cooking.

* Danbury Clam Chowder.

Use for six persons one quart of clams, one pint of canned tomatoes (or one quart of fresh tomatoes), one quart of sliced potatoes, one pint of sliced onions, one pint of water, half a teaspoonful each of powdered thyme, summer savory, and sweet-marjoram, half a teaspoonful of celery seeds (or, when it is convenient to get fresh celery, use half a pint of it, chopped fine), one-quarter of a pound of salt pork, one teaspoonful of pepper, and three teaspoonfuls of salt.

Place a colander in a basin, and turn the clams into it. Now pour the water over the clams, stirring well with a spoon in order to make the washing a thorough one. Save the clam liquor and water that fall into the basin. Chop the clams rather fine, and put them in a cool place until the time for cooking.

Cut the pork in thin slices, and fry slowly for ten minutes. Add the sliced onion to the pork, and cook on a hotter part of the stove for ten minutes, stirring frequently. The onions should be tender, but not browned, at the end of the ten minutes. Turn the pork and onions into a stew-pan, and add to them the clam juice and water, the potatoes, tomatoes, and the celery, if that is to be used. Cook for thirty minutes; then add the seasoning and chopped clams, and cook ten minutes longer. Taste, to be sure that there is seasoning enough; and if no seasoning be required, serve the chowder.

This is a very savory dish. When it is served in a dinner, it is well to have the meat or fish in the next course simple and light.

* Clam Soup.

These are the ingredients: a quart of clams, a quart of milk, a pint of water, three table-spoonfuls of butter, three of flour, four of cracker crumbs, and small quantities of salt and pepper, for seasoning. Separate the heads from the clams, and put them on to simmer for half an hour in the pint of water. Chop the soft part of the clams, and put aside temporarily. Rub the butter and flour together, and stir in the water in which the heads of the clams are boiling; then add the milk, salt, and pepper, and after allowing the soup to boil up once, strain it upon the chopped clams. Return it to the fire, and boil for three minutes; and after adding the cracker crumbs, serve.

Wadsworth Clam Soup.

Use twenty-five clams, three pints of cold water, one table-spoonful of butter, one of flour, half a pint of cream, half a pint of milk, the yolks of four eggs, one-fourth of a teaspoonful of white pepper, and about a teaspoonful and a half of salt.

Wash the clams, and then chop them. Put them in a stew-pan with the cold water, and let them simmer for three hours. At the end of that time rub the flour and butter together, and stir the mixture into the boiling clams. Cook for five minutes. Put the milk on to heat in the double-boiler. Strain the clam liquor into the milk, and add the salt and pepper. Beat the yolks of the eggs well, and add the cold cream to them. Stir this into the mixture in the double-boiler, and cook for two minutes, stirring all the while. Serve at once.

Cream of Clams.

Use about fifty large, soft clams, half a cupful of butter, three pints of milk, one pint of cream, four table-spoonfuls of flour, one slice of onion, a slight grating of nutmeg, and salt and pepper to suit the taste.

After washing the clams, put them into a stew-pan, covering it closely, and simmer for three minutes; then strain off the liquor and put it aside. Pound the clams in a mortar or a wooden bowl, and rub through a sieve as much of the mass as possible. Add to it the liquor. Put the milk and onion on the stove in a double-boiler. Rub the butter and flour to a cream, and add four table-spoonfuls of the hot milk. Stir this mixture into the boiling milk, and after skimming out the onion, add the nutmeg, salt, and pepper. Cook for five minutes; then add the pint of cream and the sifted clams and clam liquor, and cook five minutes more. Serve without delay.

Bisque of Clams.

Chop a quart of clams rather fine, and putting them into the soup-pot with a quart of chicken stock, simmer for an hour. Cut an onion fine, and put it into a small frying-pan with three table-spoonfuls of butter. Cook slowly for a quarter of an hour, being careful not to brown; then draw the onion to the side of the pan, and after pressing out all the butter, put the onion into the soup-pot with the clams. Put two table-spoonfuls of flour into the butter remaining in the small frying-pan, and stir until smooth and frothy; then stir this mixture into the soup. Add a bay leaf, a sprig of parsley, a sprig of thyme, a blade of mace, a table-spoonful of salt, and a quarter of a teaspoonful of white pepper. Simmer for ten minutes; then remove the herbs and spice, and rub the soup through a purée sieve. Return to the soup-pot, and heat to the boiling-point. Add a pint of cream; and when the bisque has been once again heated to the boiling-point, put it back until serving-time. Beat the yolks of four eggs thoroughly, and add a pint of cold cream to them. Draw the soup forward, and let it boil. Stir the new mixture into it, and cook for two minutes, stirring all the while. Taste, to be sure that there is enough seasoning; and if there be not enough, add salt and pepper. Serve immediately.

This soup must not boil after the yolks of the eggs are added. Toasted crackers or toasted bread may be served with it, but it is so delicate that the accompaniments should be prepared very carefully, or omitted.

Crab-and-Tomato Bisque.

Use for this soup one quart of milk, one pint of cooked and strained tomatoes, half a pint of crab meat, two table-spoonfuls of flour, two of butter, one teaspoonful and a half of salt, half a teaspoonful of pepper, and a scant half-teaspoonful of soda.

Put the milk, except half a cupful, on the stove in a double-boiler. Mix the cold milk with the flour, and stir into the boiling milk. Cook for ten minutes.

Put the tomatoes on to cook in a saucepan. When they have been boiling for five minutes, stir in the soda; and continue stirring until there is no froth on the vegetable. Strain the tomatoes, and add to them the butter, salt, and pepper. Add the crab meat to the mixture of milk and flour, and after cooking for three minutes, stir the contents of the double-boiler into the stew-pan. Serve at once.

When it is inconvenient to use fresh crab meat, canned meat may be taken instead.

Crab Bisque.

For eight persons use eighteen hard-shell crabs, one quart of chicken or veal stock, one quart of cream, one pint of stale bread, free of crust, two table-spoonfuls of butter, one of flour, one small slice of carrot, one large slice of onion, two bay leaves, one stalk of celery, a sprig of parsley, a bit of mace, a slight grating of nutmeg, one-fourth of a teaspoonful of white pepper, one-tenth of a teaspoonful of cayenne, and three teaspoonfuls of salt.

Put half of the meat of the crabs and all of the claws into a stew-pan. Add the spice, vegetables, herbs, and half the stock, and place the pan where its contents will simmer gently for forty minutes. Ten minutes later put the bread and the remaining stock into another stew-pan, and set the pan where its contents will simmer gently for thirty minutes.

When the first mixture has cooked for the proper period, strain it over that in the second stew-pan. Mix all these ingredients thoroughly, and rub through a fine sieve. Return to the fire, and add the butter and flour, rubbed together. Cook five minutes longer; then add the cream, heated in a double-boiler, the remainder of the crab meat, and the salt and pepper. Let the soup boil up once, and serve without delay. If one choose, a table-spoonful of brandy and three of sherry may be added to the bisque after it is taken from the stove.

A table-spoonful of lobster coral and the shells of two crabs may be pounded with a table-spoonful of butter, and cooked with the crabs to give the bisque a fine color.

Lobster Bisque.

For this soup there will be required a lobster weighing five pounds, one pint and a half of chicken stock, one quart of cream, one scant pint of stale bread, free of crust, one table-spoonful of salt, one-fourth of a teaspoonful of white pepper, one-tenth of a teaspoonful of cayenne, one bay leaf, one sprig of parsley, one blade of celery, a large slice of onion, a small piece of whole mace, a slight grating of nutmeg, three table-spoonfuls of butter, and one of flour.

Remove the meat of the lobster from the shell. Cut in cubes the tenderest part of the meat taken from the claws, — there should be about half a pint, — and put away until serving-time. Pound the remainder to paste. Now put one table-spoonful of butter, four of the small claws, and the coral from the lobster into the mortar, and pound until a smooth paste is formed. Hard pounding will be required to accomplish this. Put the pounded meat and the coral, shell, and butter in a stew-pan with the herbs, mace, vegetables, and half the stock, and cook for an hour, being careful that the mixture does not bubble after it has once been heated to the boiling-point, though it should still be kept on the stove, in a cooler place, and kept heated almost to the boiling-point.

At the end of half an hour put the bread and the remaining stock in a stew-pan, and cook for twenty minutes, keeping at the boiling-point all the while; then strain the contents of the first stew-pan into the stew-pan remaining on the stove, pressing every particle of moisture from the meat and seasoning. Rub this new mixture through a French fine sieve; then return it to the fire, and add salt, pepper, and a slight grating of nutmeg. Rub the remaining two table-spoonfuls of butter with the flour until a smooth, light mixture is formed, and stir this into the soup. Simmer for ten minutes.

When the butter and flour are added to the soup, put the cream on the stove in the double-boiler. It will be hot at the end of the ten minutes; add it, with the cubes of lobster, to the soup. Let the soup boil up once, and serve it.

When making this bisque, if there be no coral in the lobster, pound six of the small claws to powder, and mix with one table-spoonful of butter. Use this to give the soup a pink color. Or, in the absence of coral, the color may be imparted by adding to the bisque, just as it is to be served, half a cupful of strained hot tomato.

Bisque of Oysters.

Use one quart of oysters, one quart of cream, one pint of chicken stock, one scant pint of stale bread, free of crust, one bay leaf, one sprig of parsley, one stalk of celery, one small slice of onion, a bit of mace, two table-spoonfuls of butter, one of flour, the yolks of four eggs, one-fourth of a teaspoonful of white pepper, one-tenth of a teaspoonful of cayenne, and salt to suit the taste.

Chop the oysters, and put them in a stew-pan with the seasonings, one-half the stock, and their own liquor. Cook slowly for twenty minutes.

Put the bread and the remaining half-pint of stock in another stew-pan, and cook slowly for twenty minutes.

Strain the liquor from the first stew-pan into the second pan, pressing all the liquid from the oysters. Cook for ten minutes longer.

Reserve half a cupful of the cream, and put the rest on to heat in the double-boiler. Now rub the butter and flour together until smooth and creamy. When the contents of the stew-pan have been cooking for ten minutes, rub them through a fine sieve and return them to the stew-pan. Add the flour and butter to them, and place on the fire. Stir the mixture until it boils; then add the hot cream, and draw back to a cooler place. Now beat the yolks of the eggs well, and add the cold cream to them. Stir this mixture into the bisque, and cook for one minute, stirring all the while.

When the cream is rich, use half cream and half milk. The egg yolks may be omitted; the soup will, however, be less rich without them. This is one of the most delicious soups made.

* Oyster Soup.

For six or eight persons use one quart of oysters, one quart of milk, one pint of cold water, three table-spoonfuls of flour, four of butter, half a teaspoonful of white pepper, a piece of onion the size of half a dollar, a bit of mace, and salt to suit the taste.

Put a colander over a bowl, and turn the oysters into it. Now pour the water over the oysters, and stir with a spoon until all the liquid has passed into the bowl. Put the oysters into a bowl, and set away in a cold place. Pour the water and oyster liquor into a stew-pan, and heat slowly, being careful to avoid scorching. When the liquid comes to the boiling-point, skim carefully, and set back where it will keep hot.

At the same time that the oyster liquor and water are put on to heat, put the onion, mace, and all the milk, except half a pint, on the fire in the double-boiler. Mix the cold milk with the flour, and stir it into the boiling milk. Cook for fifteen minutes.

Now take out the onion and mace. Draw the oyster water forward where it will boil up once; then add it to the thickened milk. Now add the oysters, butter, salt, and pepper. Boil up once, and serve immediately.

FISH.

FRESH fish requires careful handling and cooking. Nothing is poorer or more unappetizing than a piece of fish that is prepared carelessly; but a dish of fresh fish, well cooked, and served with a good sauce, is always welcome.

Marketmen usually scale and draw the fish, but the cook should always scrape around the head and tail, to remove a few scales that will invariably be found there. The blood and dark substance that are found on the backbone must be scraped off. If the fish is to be boiled or baked, leave the head and tail on, but cut the fins from the body. A pair of fish scissors, kept for this purpose, will be found a great convenience. Wash the fish quickly in cold water, and then wipe it carefully. It will then be ready to prepare for cooking.

Fish that live a good part of the time at the bottom of lakes or rivers are likely to have a muddy taste, which can be removed by soaking for several hours in salted water. Fish that have a rather strong flavor, like swordfish and sturgeon, also are made more delicate by soaking for a few hours in salted water.

In boiling fish the water should always be salted, and, when possible, made acid with lemon juice. The acid whitens the flakes of the fish and makes them firm, besides giving the fish a good flavor. Lemon juice can be used to advantage with any kind of fish, no matter how cooked.

In boiling fish a few things must be remembered. First, if the fish be put into cold water the juices will be drawn out, thus impoverishing the fish. But many kinds of fish have such delicate skin that it contracts and breaks as soon as it is plunged into hot water, thus marring the appearance of the dish. For these kinds of fish the water should be of a temperature not higher than 150°. A good plan is to put into the fish-kettle half as much cold water as will be required; then put the fish in, and gradually add boiling water enough to cover. By this method the skin will be made to contract slowly, and it will not break. Mackerel, trout, striped bass, etc., should be treated in this manner if they are to be served with the skin on. Fish that have a thick, tough skin can be put into water that is at the boiling-point, though not bubbling. Halibut, sturgeon, or any fish that is not to be served with the skin on is better for being put into boiling water.

When boiling fish, the water should never be allowed to do more than bubble. Rapid boiling breaks the fish, thus making it unsightly.

Too much cooking makes the fibres dry and woolly; but fish should be cooked enough to have the flakes separate readily.

When baking fish, remember that constant basting is essential to the success of the dish. Use plenty of salt when basting.

When breading fish for frying, be very generous with salt.

Fish that have extremely delicate flesh — like white fish — should be cooked only in the simplest manner. It is almost impossible to fillet a white fish, and indeed it seems almost shameful to attempt to improve anything so delicate and fine in itself.

The lighter the fish, the greater the variety of modes by which it may be cooked. It also may be served more frequently without one's becoming tired of it. For example, at the Isles of Shoals visitors are offered broiled scrod every day in the week, yet they do not weary of the dish in a stay of months. At Nantucket broiled bluefish is served daily, and it is so delicious that its appearance three times a day is at first hailed with pleasure; but after a few weeks the appetite becomes palled, because the fish is rich. It would be the same with the freshest and most toothsome salmon and mackerel. A rich fish satiates much sooner than a lighter and poorer kind, and for this reason it is advisable to avoid having the richer varieties frequently. Of course, the poorer kinds require more and richer sauces than salmon, mackerel, or bluefish. White fish, like cod, haddock, cusk, halibut, and flounders, all are improved by the addition of sauces made of milk, cream, or white stock.

Serving Fish.

Long, narrow dishes are used for long, slender fish. The fish may be slipped on to the warm dish; or a napkin, folded the length and width of the fish, may be placed on the dish and the fish be laid upon this. Only boiled or fried fish is served on a napkin.

When the dish is large enough, a sauce is poured around the fish (no napkin being used in that case), and the head and tail may then be garnished with parsley.

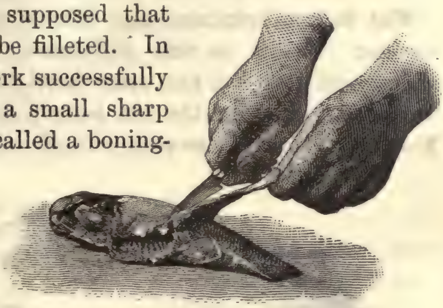
When a sauce is poured around fish, it must be rather thicker for a boiled fish than for any other kind.

Fillets of fish, when rolled, may be arranged in a circle on the dish, and the sauce be poured in the centre; when flat, they may be heaped in a pyramid in the centre of the dish, or may be arranged in a circle, one fillet overlapping the other. The centre should then be filled with a sauce or a garnish.

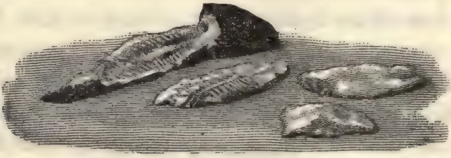
How to Fillet Fish.

There are two kinds of fish (the flat and the round) that are used in preparing fillets. The flat fish, such as flounder, turbot, chicken halibut, etc., have one large flat bone which extends the entire length and breadth.

The fins are on both sides, from head to tail. In the round fish, such as bass, cod, salmon, trout, etc., the large bone does not extend the entire breadth, and the fins are placed variously on the different kinds of fish. In these fish there is always found a thin and fat piece of flesh on each side, near the head, extending about one-third the length of the body. This is called the flank. Now, in most fish this flank is thin and the skin delicate, so that the flank may easily be cut from the fish, and when the fin bones are removed the fillets are ready to be breaded and fried.

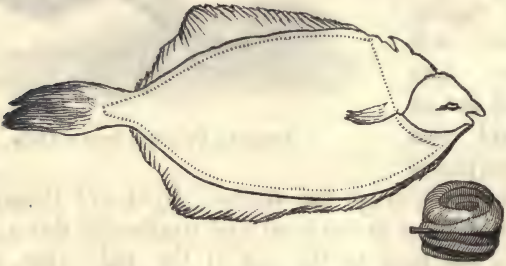

Drawing the Skin from a Fish.

Let it now be supposed that a round fish is to be filleted. In order to do the work successfully one should have a small sharp knife, commonly called a boning-knife; or a sharp vegetable-knife will answer. Lay the fish flat on a board that has been placed on a table. Cut off the flanks. Next cut through the skin, beginning at the head and continuing down by the fins on the back to the end of the tail; then cut on the other side from the tail up to where the flanks were cut off. Begin to draw the skin from the fish, starting at the head and drawing gently and firmly toward the tail. It will almost always tear off smoothly. Turn the fish over, and skin the other side in the same manner. Cut the flesh from the bones, beginning at the head, and working the knife between the bones and the flesh from the head down to the tail and round on the other side to the head. If the knife has been kept close to the bone, the flesh will come off in one piece, leaving the bone almost perfectly clean. Turn the fish over, and fillet the other side in the same manner. You will now have two fillets, which, if large, may each be divided into two or four smaller pieces.



Fillets of Fish.

Flat fish are skinned and filleted in much the same manner. There is this difference: the skin is cut all around near the fins, from head to tail (as shown by the dotted lines in the cut below), and on both sides. There are no flank pieces to cut off. A flat fish, no matter how small, always gives four fillets, because it is so broad that it is cut through the centre lengthwise.



Flounder and Turban of Flounder.

Fillets are often cut from large fish like halibut and salmon. When this is done the large slices are cut into small strips about three or four inches long and two or three wide.

Fillets may be served in the form in which they are cut, or be rolled and fastened with small skewers (being then called turbans), as shown in the last illustration.

Sturgeon.

Sturgeon is abundant in the markets from April to September, and is therefore cheap. This fish is very highly valued in European countries, but from various causes it does not hold the same place in the estimation of the people of the United States. It is a shark-like fish, with strong fins, but no scales. The fat is yellow, the flesh a pale red, and the flavor a little like meat. The flank is thought to resemble pork, while the muscular flesh of the back is thought to taste like veal. This fish requires more cooking than the ordinary kinds, and pork is employed in its preparation almost as often as with veal. When sturgeon forms a part of a meal, less meat will be required than if a lighter kind of fish were used. A piece from a fish of medium size will be found more delicate and tender than a cut from a large sturgeon.

* Boiled Sturgeon.

Have a middle cut of sturgeon, weighing about four pounds. Wash it in salted water, and then put it in a new basin of salted water — one table-spoonful of salt to two quarts of water — to soak for twenty minutes. Into the fish-kettle put one onion, six cloves, one large slice of carrot, three sprigs of parsley, three bay leaves, four quarts of boiling water, four table-spoonfuls of vinegar, and two of salt. Let this simmer for half an hour.

Now take the sturgeon from the salted water, and roll the flanks inside. Pin a broad band of cotton cloth around the piece of fish to keep the flanks in place. Now put the fish into the kettle, and cook gently for one hour. At the end of that time take it from the water, and drain well. Take off the band of cloth, and slip the fish on a warm dish. Serve with any good fish sauce, like lobster, anchovy, egg, parsley, or oyster.

A pint of wine is sometimes added to the water in which the sturgeon is boiled.

* Baked Sturgeon.

Use four pounds of sturgeon, one quarter of a pound of pork, one table-spoonful each of chopped carrot, turnip, and onion, two table-spoonfuls of butter, two of lemon juice, two of sherry, one table-spoonful of salt, half a teaspoonful of white pepper, and flour for basting.

Wash the fish in cold water, and let it stand in clean salted water for one hour.

Cut the pork in thin slices, and lay about one-third of it on a tin sheet that has been placed in the dripping-pan. Sprinkle the chopped vegetables over this pork.

Take the fish from the water, and wipe it dry. Skewer the flanks into position, and then rub the lemon juice and half the salt and pepper into the fish. Now put the piece of fish on the vegetables, placing it on end, so that it resembles a fillet of beef. Cover the top with the remainder of the slices of pork. Now put it in the oven, and cook for ten minutes without water in the pan; then add half a pint of boiling water. Five minutes later begin to baste in this manner: dip some of the gravy from the pan, and pour it over the fish; then dredge with salt, pepper, and flour. Do this every fifteen minutes while the fish is cooking. The water in the pan must be renewed frequently.

When the fish has been cooking for one hour, lift the pork from the top of the fish and drop it into the pan. Now baste the fish with the wine, and spread one table-spoonful of the butter over it; then dredge rather thickly with flour. Repeat this in fifteen minutes. Cook for a quarter of an hour longer, and then take from the oven. The sturgeon should be a rich brown color. Slip the fish on to a warm dish, and place where it will keep warm while the sauce is being made.

To Make the Sauce. — Take the tin sheet and the slices of pork from the pan in which the fish was cooked. Now add enough boiling water to make one pint of sauce, and place the pan on the top of the range. Mix one table-spoonful of flour with half a cupful of cold water. Gradually add this to the boiling liquid, stirring all the time until the mixture is about as thick as cream. Now taste, to see if it is seasoned enough. Add more salt, if any be needed. If any fat should float on top, skim it off. Strain, and serve with the fish.

Sturgeon may be cut into steaks and broiled; or be cut into small cutlets and breaded and fried, the same as other fish.

* Boiled Red Snapper.

The flesh of this fish is very firm, and is more suitable for boiling and baking than for any other form of cooking. Tastes differ as to whether or not the fins should be cut off. If you decide to have them cut, let the marketman do the work, as the bones of the fins are large, sharp, and strong.

Have the fish opened only enough to admit of its being drawn readily. See that all the scales are off, and wash it quickly in cold water. Have enough boiling water in the fish-kettle to cover the fish. Add two table-spoonfuls of lemon juice, two of salt, and one of vinegar to a gallon of water. Draw the kettle back where the water will stop boiling, and add one pint of cold water; then lower the fish into it. Now push the kettle forward where the water will boil. Watch carefully, and when it begins to boil, draw the kettle back where the water will only bubble. Cook, counting from this time, for half an hour, if the fish does not weigh more than six pounds; but if it be heavier, cook for ten minutes longer.

Now lift the fish from the water, and drain well. Slip on to a warm dish, and serve at once with either lobster, anchovy, or Hollandaise sauce; or indeed, any simple fish sauce will answer.

* Baked Red Snapper.

For a red snapper weighing five pounds, use one pint of oysters, half a cupful of powdered cracker crumbs, half a teaspoonful of onion juice, half a teaspoonful of pepper, four table-spoonfuls of butter, one teaspoonful of chopped parsley, and flour for dredging.

Chop the oysters very fine; then add to them the powdered cracker, one generous table-spoonful of butter, one quarter of a teaspoonful of pepper, one teaspoonful of salt, and the parsley. Mix all thoroughly, and let the mixture stand until the fish is ready. Now cut the fins from the fish, and see that there are no scales left on. Wash quickly in cold water.

Rub one table-spoonful of the salt into the fish, and then pack the stuffing into the vent. Fasten the opening with steel skewers, or sew it together.

Have a flat tin sheet well buttered, and place it, buttered side up, in a large dripping-pan. Lay the fish on this, and dredge lightly with salt, pepper, and flour. Pour half a pint of boiling water into the pan, and place in a hot oven.

Put two table-spoonfuls of butter in a frying-pan, and place on the fire. When the butter becomes hot, add the flour, and stir until it is brown. Now draw the pan back, and gradually add one pint of cold water. Let this boil for five minutes, and turn it into a small basin and keep it hot on the back of the range. This is for basting the fish. Begin at once, and use about one-fourth of the sauce; then dredge lightly with salt, pepper, and flour. Baste again in ten minutes, and twice more in the next half-hour. The water in the pan will need renewing with every basting. It will take the fish one hour to cook. Serve with a brown or Madeira sauce. Any of the simpler sauces will answer, if more convenient.

* Baked Mullet.

Mullet frequently has an earthy taste. If it be cleaned, and then soaked in acidulated and salted water for one hour, the taste will disappear. Use a table-spoonful each of salt and vinegar to each quart of cold water. Make a stuffing the same as for shad, and cook in the same manner as baked shad. A mullet weighing two pounds will require only one-half the amount of stuffing, and it will cook in thirty-five minutes. Serve with any good sauce.

Mullet may be split and broiled, the same as mackerel.

* Baked Shad.

After cutting the shad only enough to take out the roe, and then removing the roe, wash the fish, and fill the body with a dressing made by mixing thoroughly the following-named ingredients: a cupful of cracker crumbs, a teaspoonful of salt, a quarter of a teaspoonful of pepper, two table-spoonfuls of butter, one teaspoonful of chopped parsley, one table-spoonful of capers, one table-spoonful of lemon juice, and two-thirds of a cupful of cold water. After using this dressing, fasten the opening in the fish with a skewer, and dredge generously with salt. Place the shad on a tin sheet that will fit loosely in a large dripping-pan, and after putting this sheet into the pan, rub soft butter over the shad, and dredge thickly with flour. Pour into the pan just enough boiling water to cover the bottom, and then bake the fish in a hot oven for three-quarters of an hour. Baste every ten minutes with the gravy in the pan and a little butter, and dredge lightly each time with salt, pepper, and flour. When the fish is done, slip it upon a warm dish, and pour brown sauce around it. Or, if you prefer, have the sauce in a separate dish. Serve the roe on a small platter, giving a portion to each person with the fish. Or, the roe may be saved for a breakfast dish. This is the way to cook it:

Drop into boiling water, and cook gently for twenty minutes; then take from the fire, and drain. Butter a tin plate, and lay the drained roe upon it. Dredge well with salt and pepper, and spread soft butter over it; then dredge thickly with flour. Cook in the oven for half an hour, basting frequently with salt, pepper, flour, butter, and water.

Brown sauce is made in this manner: Into a saucepan put a pint of water, a slice of onion, a slice of carrot, a sprig of parsley, a bay leaf, and a table-spoonful of beef extract. Cook for five minutes; then add two large table-spoonfuls of arrowroot mixed with one-third of a cupful of cold water. Season with salt and pepper, and simmer for ten minutes; then add a table-spoonful of butter, and, as soon as it is melted, strain the sauce. A pint of clear soup may be substituted for the water and beef extract.

Sheep's-head, white-fish, bass, bluefish, haddock, etc., all may be stuffed and baked the same as shad.

* Broiled Shad.

Have the shad split the entire length. Cut off the fins, and scrape the fish carefully, to be sure that there are no scales left on. Wash quickly in cold water, and then wipe dry. Rub the bars of a double-broiler lightly with butter, and then place the fish in it. Dredge with salt, pepper, and flour. Place over a clear but not fierce fire, having the inside turned to the fire at first. Watch carefully, and turn frequently to prevent burning. A large, thick shad will require twenty-five minutes' cooking. On taking the broiler from the fire, let it rest on a dish. Slip a knife between the bars and the fish, and when one side is loosened, turn the broiler over, and free the other side. Now raise the broiler with the skin side of the fish up. Place a warm platter upside down over this, and turn broiler and dish simultaneously.

Lift the broiler, and the fish will be found on the centre of the dish, ready for the sauce, which may be simply butter, with salt and pepper, or maître d'hôtel butter. Fish requires a good deal of butter; use four table-spoonfuls for a large one.

Shad is sometimes served with a cream or Bechamel sauce.

White-fish, bluefish, young cod or haddock, and, in fact, all fish that are broiled, may be treated in this manner.

A very dry fish is improved by a dressing of melted butter or salad oil before being broiled.

* Boiled Halibut.

Pour into a shallow pan boiling water to the depth of one-third of an inch, and in it lay a five-pound piece of halibut, the black skin down. In two minutes remove the fish from the water, and scrape the black substance from the skin. Now wash the fish in cold water, and after laying it on a plate, set the plate in a stew-pan and cover with boiling water. Add a table-spoonful of vinegar, a table-spoonful of salt, two slices of carrot, and a small onion. Boil gently for forty minutes, and serve with any light fish sauce.

* Baked Halibut.

Use a piece of halibut weighing about four pounds. Into a shallow pan put about a third of an inch of boiling water, and lay the fish in it, black-skin side down. In about two minutes, remove from the water, and scrape off all the black part of the skin; then wash quickly in cold water. Place a tin sheet in a dripping-pan, and lay the fish upon it. Score the fish about half an inch deep, and put long, narrow strips of salt pork into each cut. Dredge well with salt, pepper, and flour. Cover the bottom of the pan with boiling water, and bake the fish in a very hot oven for one hour. Baste every quarter of an hour with the gravy in the pan and with salt, pepper, and flour; but the last time omit the gravy, and use two table-spoonfuls of melted butter and a considerable quantity of flour. This will insure a rich crust. If you wish a high flavor, put a bay leaf, a sprig of parsley, half an onion, and two slices of carrot into the dripping-pan before you begin the cooking. A clove of garlic may be substituted for the onion, if you prefer. Either tomato, Bechamel, shrimp, or oyster sauce is a good accompaniment.

Baked Chicken Halibut.

The fish should weigh about five pounds. After cutting off the fins, wash it in cold water, and then dredge lightly with salt and pepper. Make a dressing of a cupful of cracker crumbs, a heaping table-spoonful of butter, a teaspoonful of chopped green parsley, half a table-spoonful of salt, a quarter of a teaspoonful of pepper, a teaspoonful of onion juice (obtained by peeling and grating an onion), and three-quarters of a cupful of cold water. Mix together all the dry ingredients, and then add the water. Stuff the halibut with this dressing, and sew up the opening. Have a sheet of tin that will fit loosely into a large baking-pan. Butter it well, and lay the fish upon it. Spread soft butter over the fish, and cover it with a large sheet of buttered paper. After pouring about a cupful of hot water into the pan, place it in the oven for an hour, basting the halibut four times during the cooking with a mixture of a quarter of a cupful of butter, a table-spoonful of salt, and half a cupful of hot water. When the hour has passed, remove the buttered paper, and, after slipping a large fork under the sheet of tin, lift the fish from the pan on the tin. Slide it carefully off upon a platter, and pour Hollandaise or Bechamel yellow sauce around it. Garnish with parsley and lemons.

* Halibut à la Créole.

Of fish, take a slice weighing about four pounds, and use also a pint of stewed or canned tomatoes, a cupful of water, a slice of onion, two table-spoonfuls of butter, three cloves, and one table-spoonful of flour.

Put the tomato, water, cloves, and onion on to boil. Mix the butter and flour, and stir into the sauce when it boils. Add a teaspoonful of salt and a quarter of a teaspoonful of pepper; and after cooking for ten minutes, rub through a strainer into a bowl. Pour into a deep plate boiling water to the depth of half an inch, and lay the fish in it for half a minute, black-skin side down. Remove it from the water, and the black substance can easily be scraped off. Wash the halibut in cold water, and season it well with salt and pepper. Place a tin sheet in a small, shallow pan, and lay the fish on it. If you have no sheet, lay the fish on the bottom of the pan; but this should be avoided if possible, because the fish cannot easily be removed whole after it has been cooked. Pour into the pan about half of the tomato sauce, and then set in a hot oven. Cook the fish for three-quarters of an hour, basting three times with the remainder of the tomato sauce. At serving-time slide the halibut from the tin sheet upon a hot dish, and pour over it the sauce remaining in the pan. Serve hot.

* Broiled Halibut.

The slices of halibut should be nearly an inch thick. After seasoning slightly with salt and pepper, spreading very lightly with soft butter, and dredging with flour, broil for twelve minutes. Serve on a hot dish, with maître d'hôtel butter spread on it. This dressing is made by beating together four table-spoonfuls of butter, one of lemon juice, one of chopped green parsley, half a teaspoonful of salt, and a quarter of a teaspoonful of pepper.

The sauce is capital for any kind of broiled or fried fish or meat.

Carbonade of Halibut or White Fish.

The materials required are: two pounds of halibut, two eggs, almost a pint of dried bread-crumbs, four table-spoonfuls of butter, one teaspoonful of onion juice, two teaspoonfuls of salt, and one-fourth of a teaspoonful of pepper.

Skin the halibut, and cut it into pieces about three inches square and half an inch thick. Put the butter, salt, pepper, and onion juice in a deep plate, and set the plate on the back part of the range, to melt the butter.

Beat the eggs in another plate until light, and put a part of the crumbs in a third plate. Dip the pieces of fish in melted butter, then in the egg, and finally in the crumbs. Now lay them in a large dripping-pan that has been buttered on the bottom. When all have been properly treated, sprinkle the remainder of the egg and butter over the carbonades. Cook in a hot oven for twelve minutes, and serve with Hollandaise, Tartar, or maître d'hôtel sauce.

Any fish from which solid slices of flesh can be cut may be used for a carbonade.

Baked Fillets of Halibut, Cream Sauce.

Have three pounds of fresh halibut cut into thin slices. Remove the skin from the slices, and then cut them into narrow strips. Cut a large onion into thin slices, and spread over the fish. Now sprinkle with the juice of half a lemon, and season slightly with salt and pepper. Cover the dish closely, and let it stand for an hour; then remove the onion.

Have half a cupful of butter washed free of salt. Put half of this quantity into a frying-pan, and when it has become hot, put in enough fish to cover the bottom of the pan. Cook for three minutes on one side, and then turn and cook for as many minutes on the other, being careful when turning not to break the pieces. Take up the fish, and place it in a gratin dish or a stone-china platter, arranging it neatly on the sides of the dish, and leaving an open space in the centre. When all the fish has been fried, cover it with a sauce made as follows:—

Rub together in a small saucepan four table-spoonfuls of butter and three of flour. Add to this mixture a slice of onion, a slice of carrot, a slight grating of nutmeg, a bay leaf, a sprig of parsley, and one cupful and a half of white stock (water in which a fowl has been boiled will do). Simmer gently for thirty minutes; then add a cupful of cream, and salt and pepper to suit the taste. Boil up once, and strain.

Of course, when the sauce is poured over the fish, some of it will flow into the centre of the dish; but that is not an objection. Place the dish of fish and sauce in the oven for twelve minutes.

Boil a quart of potato balls in clear water for twelve minutes; then drain off the water, and season the balls with salt, pepper, and butter. When the fish is taken from the oven, pour the balls into the centre of the dish, and sprinkle a table-spoonful of chopped parsley over them. Garnish the sides of the dish with sprigs of parsley. Serve without delay.

Fillets of Halibut à la Poulette.

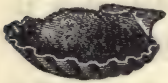
This is a nice Lenten dish. It requires three pounds of halibut, half a cupful of butter, two large onions, the juice of a lemon, three hard-boiled eggs, and small quantities of flour, salt, and pepper.

After freeing the fish of skin and bones, cut it into slices about half an inch thick, and cut these into strips about three inches long and two wide. Sprinkle with lemon juice, salt, and pepper, and lay a thin slice of onion upon each strip. Cover the fish with a large dish, and put away for half an hour. At the end of that time melt the butter in a soup-plate, and after removing the onion from the fish, dip the strips into the butter. Roll them up, and pin each piece with a wooden toothpick; then dip them into the butter once more, and after placing them in a tin pan, dredge thickly with flour. Bake for twenty minutes in a hot oven. Meanwhile cut the whites of the eggs into rings, and grate the yolks through a sieve. When the fish is cooked, spread the rolls upon a hot dish, remove the little skewers, and pour white sauce into the dish. Sprinkle the grated yolks over the fish, and use the whites for a garnish.

Halibut au Gratin.

Use a pint of cooked halibut, free of skin and bones, a cupful and a half of cream or milk, one table-spoonful of flour, two of butter, one-fourth of a teaspoonful of pepper, one teaspoonful and a half of salt, half a teaspoonful of onion juice, and eight table-spoonfuls of grated bread crumbs.

Break the fish into flakes with a fork, and sprinkle over it half of the pepper and one teaspoonful of the salt. Mix lightly with the fork. Put the milk or cream in a small saucepan, and heat it to the boiling-point. Meanwhile beat together the flour and one table-spoonful of the butter, and stir into the boiling milk. Stir for one minute; then add the onion juice and pepper. Take from the fire, and put about half a spoonful of the sauce into each of six escalop shells. Now put in a thin layer of fish and another layer of sauce; then a second layer of fish and still another one of sauce. Finally sprinkle the grated bread crumbs over each dish. Melt the second table-spoonful of butter, and sprinkle it over the crumbs. Place the escalop shells in a large pan, and put into a rather hot



Halibut in an Escalop Shell.

oven for fifteen minutes. Serve immediately at the end of that time.

Halibut à la Maître d'Hôtel.

Use two slices of halibut weighing about three pounds, the juice of one lemon, one table-spoonful of chopped parsley, half a teaspoonful of pepper, one table-spoonful of salt, two table-spoonfuls of butter, one of flour, and one pint of white stock or water.

Lay the slices of halibut in a flat dish, and sprinkle them on one side with one-half of the salt, pepper, lemon juice, and parsley. Turn the slices over, and sprinkle with the remaining seasoning. Let the fish stand in a cold place for half an hour. At the end of that time mix the flour and butter in a small saucepan. Pour on this mixture a pint of boiling water. Put the saucepan on the fire, and stir the contents until they boil.

Butter a flat tin sheet and lay it, buttered side up, in a large dripping-pan. Put the slices of halibut on this sheet, and then cover them with the thickened water. Put the pan in a hot oven, and cook for twenty minutes, basting three times with the gravy in the pan.

When the fish is done, and the pan has been taken from the oven, lift the tin sheet from the pan and carefully slide the fish into a warm platter. Garnish with parsley. Serve Hollandaise sauce in a separate dish.

Breaded Turbans of Flounder.

Fillet three flounders. Season the fillets with half a teaspoonful of pepper and three teaspoonfuls of salt. Now dip them into four table-spoonfuls of melted butter; then roll them up, and fasten with wooden toothpicks. Have two beaten eggs in a deep plate. Put one turban at a time on the plate, and cover every part with the egg, afterward rolling it in bread crumbs. When all are breaded, arrange them in the frying-basket, but do not crowd them. Fry in fat for seven minutes. Drain them, and after taking out the skewers, arrange the turbans in a circle on a warm dish. Fill the centre of the circle with parsley, and serve at once. Serve Tartar or remoulade sauce in a separate dish.

Any kind of delicate fish may be filleted and cooked in this manner. Two table-spoonfuls of lemon juice and a table-spoonful of chopped parsley may be mixed with the melted butter.

Turbans of Flounder with Anchovies.

For twelve turbans use three small flounders, each weighing about a pound and a half, half a cupful of butter, three teaspoonfuls of salt, half a teaspoonful of pepper, about three table-spoonfuls of flour, besides the materials mentioned in the rule for anchovy force-meat in the chapter on "Garnishes."

Fillet the flounders as already directed, and season the fish with the salt and pepper. Spread the force-meat on the fillets; then roll up, and fasten with a wooden tooth-pick, as illustrated on page 174. Melt the butter in a deep plate. Roll the turbans in the butter and then in the flour, and place them in a shallow pan. Bake in a hot oven for twenty minutes. Arrange in a circle on a hot dish, and fill the centre with potato balls sauté. Pour anchovy sauce around the fish, and serve very hot.

Turbans of Fish with Oysters.

Use any kind of small fish from which long, thin fillets can be obtained. Make an oyster force-meat, and proceed as for turbans of flounder. Serve with a cream sauce or Bechamel yellow sauce. The centre may be garnished with quenelles of any kind of fish. A part of the oyster force-meat may be used for this purpose.

Baked Fillets of Flounder, in Wine.

Allow for eight persons four pounds of flounders, four table-spoonfuls of sherry, half a cupful of butter, one table-spoonful of onion juice, one of lemon juice, a level table-spoonful of salt, and half a teaspoonful of pepper.

Skin and bone the fish, and cut it into small fillets. Put the butter and other ingredients into a soup-plate, and set this plate on the back part of the range where the butter will melt gradually. As soon as it becomes melted dip the fillets into the dish, one at a time, being careful to cover all parts with the mixture. Lay the fish in a clean, smooth baking-pan, and cook in a hot oven for ten minutes, basting with what remains of the butter and seasoning. When the fish is done, slip a broad knife-blade under each fillet, and transfer it gently to a hot platter. Pour all the gravy that remains into three gills of white sauce, and pour this sauce over the fish. Serve very hot.

White Sauce. — To make three gills of sauce, use two gills of chicken stock, one gill of cream, two table-spoonfuls of butter, one generous table-spoonful of flour, one small slice of onion, a thin slice of carrot, a bay leaf, a slight grating of nutmeg, a sprig of parsley, a level teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

First mix the butter and flour. Add all the other ingredients mentioned above except the cream, and then place the dish over the fire, and stir the mixture until it begins to boil. Set it back where it will simmer for twenty minutes; then add the cream, and let the sauce boil up once. Strain it, and add the gravy from the fish-pan.

Fillets of Flounder au Gratin.

Use one large flounder or two small ones; at any rate, have five pounds before cutting. With a small, sharp-pointed vegetable-knife, cut through the skin all round the fish, lengthwise, first on one side and then on the other. Now loosen the skin at the head, and draw it gently from the flesh. You will be obliged to use the knife occasionally. When one side has been skinned, turn the fish and skin the other. Next slip the knife between the flesh and bone, and remove all the flesh in two pieces. Cut into small pieces, — perhaps four inches long and three wide. Spread a table-spoonful of soft butter over a gratin dish, and lay these pieces or fillets in the dish. Sprinkle with salt and pepper, and keep in a cool place until the time for cooking.

Make a pint of sauce in the following manner: Mix one table-spoonful of flour and three of butter, and add to the mixture a slice of onion, a bay leaf, a pint of chicken stock, and salt and pepper to suit your taste. Simmer gently for twenty minutes; then add a table-spoonful of lemon juice.

Strain the sauce, and pour it over the fish. Have ready a teacupful of fine dried bread crumbs. Season them lightly with salt and pepper, and sprinkle them over the sauce and fish. Put the dish into a hot oven, and bake for twenty minutes; then serve immediately in the same dish.

Fried Flounder.

Scrape the flounder, and then cut off the head and fins. Wash quickly in cold water, and then wipe dry. Season generously with salt, — a teaspoonful to two pounds of fish. Now cover with the beaten egg, and then with fine bread crumbs, being careful to have every part well coated with the egg and crumbs. Fry in fat for seven minutes, and drain on brown paper. Serve on a warm napkin, with a garnish of fried parsley. Tartar sauce should be provided in a small fancy dish.

* Boiled Striped Bass.

Prepare the water for the bass the same as for the red snapper, omitting, however, the vinegar. Cut the fins from the fish. See that it is free of scales; then wash it quickly in cold water. Lower it into the fish-kettle, and move the kettle forward where the water will boil. As soon as it begins to boil, move back where it will just bubble for twenty minutes, if the fish be under three pounds, and for twenty-five minutes, if it be over three pounds. When done, lift it from the water and drain well. Now slip it on a warm dish, and serve with any of the following-named sauces: Dutch, Bernaise, remoulade, anchovy, or tomato.

Sheep's-head, black bass, lake trout, white-fish, etc., all may be boiled and served the same as striped bass.

Breaded Fillet of Bass.

Get small bass for this dish. The striped kind is the best, but black bass is very good. Fish weighing about a pound and a half will give handsome fillets.

Clean and fillet the fish (see page 172). Season the fillets generously with salt and lightly with pepper. Now dip in beaten egg and then in bread crumbs, being careful that every part is covered with egg and crumb. Place in the frying-basket, but do not let the pieces touch. Fry in fat for three minutes and a half. On taking from the basket, drain on brown paper. Serve very hot with Tartar sauce.

Black-fish, rock bass, halibut, flounders, white-fish, etc., may be filleted and prepared in the same manner.

Broiled Smelts.

For twelve large smelts use three table-spoonfuls of butter, one of lemon juice, one of salt, half a teaspoonful of pepper, and some flour. Put the butter, salt, pepper, and lemon juice in a deep plate, and set on the back part of the stove where the butter will melt slowly. Have about three table-spoonfuls of flour in another plate. Wash and wipe the smelts; then roll them in the melted butter and seasoning, and lightly in the flour. Lay them in a double-broiler. When all are done, cook over clear coals for seven minutes. Arrange on a warm dish, and serve with remoulade sauce, — the sauce to be in a separate dish.

Stuffed Smelts.

Clean a dozen and a half large smelts, and season them with salt. Stuff with oyster force-meat, not filling them more than two-thirds. Now roll them in melted butter, and then in fine bread crumbs. Lay them in a shallow pan, and bake in a hot oven for fifteen minutes, basting once with soft butter. Serve on a warm dish with Bernaise sauce.

Stuffed smelts may be breaded and fried, in which case serve with Tartar sauce.

Turbot.

In some countries this is thought to be the choicest of flat fish. When not too large, it certainly is very delicate. It has this advantage over most white fish: it improves by being kept a day or two after it is killed. A fish weighing from four to eight pounds is a good size for boiling, baking, or filleting. Turbots are found in the market from two pounds up to twenty. When they weigh more than ten pounds, the flesh generally is tough.

In choosing a turbot, take one with yellowish-white flesh. The meat of a bluish-white fish will not be so good. Turbot, like halibut (which is frequently sold for turbot), has a dark upper skin, while the lower skin is white. Sometimes the under skin is marred by red spots. These can be removed by rubbing lemon juice and salt on them.

No matter how this fish is cooked, it always should be soaked for at least half an hour in salted water before being prepared for cooking, in order to remove the slime. The skin becomes thick and gelatinous on cooking, and is thought by epicures to be a choice morsel; but it is rather indigestible food. The fins, too, are gelatinous, and they are left on the fish when it is boiled.

* Boiled Turbot.

Wash the fish carefully, and let it stand for one hour in salted cold water, — one table-spoonful of salt to each pint of water. Now rinse the fish in fresh water. With a sharp knife, cut the black skin in a straight line from head to tail. This will prevent the white skin from breaking.

Turbots are so broad that if the particular fish about to be cooked be a large one, it will not fit into a common fish-kettle. Few people have a turbot-kettle, and when there is not one at hand, a deep milk-pan will answer very well. Put a round, flat pot-cover in the bottom of the pan, or, better still, have a round piece of tin made to fit loosely in the milk-pan.

For a fish weighing six pounds, put into the pan enough boiling water to cover the turbot, two table-spoonfuls of salt, and the juice of two lemons. When the fish is put in, have the black side down. Watch the kettle until the water begins to boil; then skim the liquid, and set the kettle back where the water will only bubble for half an hour. At the end of that time lift the tin, with the fish on it, out of the water, and drain well. Have a napkin spread smooth on a broad dish, and slip the fish on to it, being careful to avoid marring the shape. Garnish with parsley and sliced lemons, and serve with lobster, shrimp, Hollandaise, or Bernaise sauce. When nasturtium leaves and blossoms can be obtained, they make a pretty garnish for this dish.

Turbot au Gratin.

With the cold turbot left from a meal a most appetizing dish can be made for luncheon or dinner. For a small dish use one pint of fish, free of skin and bones, one generous pint of grated bread crumbs, half a pint of milk, one gill of stock or water, three table-spoonfuls of butter, one of flour, one scant table-spoonful of salt, one-third of a teaspoonful of pepper, one table-spoonful of grated Parmesan cheese, one bay leaf, one small slice of carrot, a slice of onion about the size of half a dollar, and a tiny bit of mace.

Mix the flour and two table-spoonfuls of the butter in a small stew-pan; and when the mixture is smooth and creamy, add the onion, carrot, bay leaf, mace, and water. Put on the fire, and simmer gently for a quarter of an hour. At the end of that time add the milk and half the salt and pepper. Let the liquid boil up once; then strain it.

While the sauce is cooking, prepare the crumbs. After grating them, put them in the oven in a large dripping-pan. Watch them carefully, stirring frequently until they turn a delicate brown; then take them from the oven.

Now put the remaining butter on the fire in a frying-pan, and as soon as it becomes hot, add the crumbs. Stir over the fire until they become crisp, which will be in about two minutes. Now add the cheese to the strained sauce. Put a thin layer of this sauce in the bottom of a gratin dish, — a plated dish or a fire-proof china dish; then add a layer of fish, dredged with salt and pepper; next put in another layer of sauce, then a second layer of fish, and conclude by pouring the remaining sauce into the dish. Sprinkle the browned crumbs over the top. Place the dish in a moderately hot oven for a quarter of an hour. Serve hot.

Turbot may be baked, broiled, fried, or filleted the same as bass or flounder.

Codfish Cutlets.

Use one table-spoonful of lemon juice, three of butter, one of salt, one-fourth of a teaspoonful of pepper, one teaspoonful of chopped parsley, one large egg, or two small ones, about a large cupful of dried bread crumbs, two slices of fish about an inch thick, and cut from the middle of a large fresh cod.

Cut off the fins, and cut each slice in halves. Wipe all dry. Put the butter, salt, pepper, lemon juice, and chopped parsley in a deep plate, and set the plate on the back part of the range, that the butter may get melted. Beat the egg with a fork in another deep plate.

When the butter is melted, dip a slice of fish into the mixture, then into the beaten egg, being careful to cover every part, and then roll in crumbs. Lay this slice on a clean plate, and treat the others in the same way; then set all away in a cool place until the time for frying. Cook in the frying-basket for four minutes, and serve with tomato sauce.

Haddock à la Crème.

Use a fish weighing five or six pounds. After cutting off the head, wash the fish and put it into boiling water enough to cover; and after adding a table-spoonful of salt and one of vinegar, cook the fish slowly for twenty minutes.

In the mean time make the sauce. Put a quart of milk, a small slice of onion, and a sprig of parsley on to boil. Rub two large table-spoonfuls of butter to a cream, and add two table-spoonfuls of flour to it; and after beating the mixture until perfectly light and creamy, stir it into the boiling milk, and cook for five minutes. Season well with salt and pepper, and skim out the onion and parsley.

When the fish has been cooked for twenty minutes, lift it gently from the water and scrape the skin from one side; then lay it carefully upon a large stone-china platter, or a large gratin dish, if you have one, and remove the skin from the other side. Pick out all the small bones you can see, and then take out the backbone, starting at the neck, and working slowly down toward the tail. This part of the work must be done very carefully, in order to preserve the shape of the fish. Drain off any water that may have lodged in the dish, and then dredge the haddock lightly with salt and pepper, and pour the sauce over it.

Have at hand eight large potatoes, mashed light, and seasoned with salt and pepper, two table-spoonfuls of butter, and half a cupful of hot milk. Rub these ingredients together through a colander, and heap the mixture lightly around the edge of the dish on which the fish lies. Brown slightly in the oven, which will take from ten to fifteen minutes, and serve at once.

Escaloped Fish.

If provision is to be made for six persons, use a quart of boiled and flaked fish (any kind of white fish will do), a quart of milk, three table-spoonfuls of butter, two of flour, two table-spoonfuls of Parmesan cheese, one teaspoonful of onion juice, two level table-spoonfuls of salt, half a teaspoonful of pepper, and one cupful and a half of grated bread crumbs.

Put the butter in a frying-pan, and set it on the stove to get melted. When it becomes melted, add the flour, and stir the mixture until it is smooth and frothy. Gradually add the milk, stirring all the while. Continue the stirring until the mixture boils; then place it where it will simply simmer during the next two minutes. At the end of that time add the cheese, onion juice, half the pepper, and one teaspoonful of the salt.

Sprinkle the remainder of the salt and pepper on the flaked fish. Put a layer of the sauce in an escalop dish, then a layer of fish, next a second layer of sauce, afterward the remainder of the fish, and finally put in a layer of sauce. Sprinkle the crumbs over the sauce, and set the dish in a moderately hot oven for twenty minutes. The crumbs may be made very crisp if an extra table-spoonful of butter be melted and sprinkled over them just before the dish is put into the oven.

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* Here is a simpler rule: Begin by freeing from skin and bones a pint and a half of cold baked or boiled fish. Season it with one-eighth of a teaspoonful of pepper and a teaspoonful and a half of salt. Next make a sauce with a pint of milk, a generous table-spoonful of butter, and one of flour, and a piece of onion about the size of a quarter of a dollar. Put the milk and onion on to boil. Rub the butter and flour till a cream is formed, and stir this into the milk as soon as it begins to boil. Cook five minutes longer, and season with salt and pepper. After removing the onion, put alternate layers of the sauce and fish into an escalop dish, having three of sauce and two of fish. The last will, of course, be one of the sauce, and upon it should be sprinkled dry bread-crumbs, — three-fourths of a cupful. Bake for about twenty minutes in a moderate oven.

* Fish Réchauffé.

Free a quantity of cold fish of skin and bones, and for each pint allow half a pint of egg sauce and a quart of mashed potato. If there be not enough sauce, add a sufficient quantity of milk to make up the proper allowance. Put a thin layer of potato in an escalop dish. Season the fish well with salt and pepper, and lay it upon the potato. Pour the sauce into the dish, and cover with the remaining potato. Spread a table-spoonful of melted butter over the potato, and then put the dish into a hot oven for twenty minutes.

* Salt Fish in Cream, with Purée of Potatoes.

For the purée use six potatoes of medium size, a generous half-cupful of hot milk, one table-spoonful of butter, and a teaspoonful of salt.

For the rest of the dish use enough fish to make a pint and a half (about a pound and a quarter) when it is flaked, one pint of milk, two table-spoonfuls of butter, one of flour, the yolk of an egg, and one-third of a teaspoonful of white pepper.

Wash the fish, and put it to soak (in one piece) in cold water for eight or ten hours. At the end of that time pour off this water; then cover with fresh cold water, and place on the fire. When the water reaches the boiling-point, draw the stew-pan back where it will keep hot, without boiling, for one hour. At the end of that time pour off the water and break the fish into flakes, freeing it of skin and bones. Put it in a saucepan with the milk, and cook for twenty minutes without letting it boil. Now beat the butter and flour together, and stir into the dish of fish. Cook for ten minutes longer; then add the pepper, and some salt if it be needed; and also add the yolk of the egg, beaten with two table-spoonfuls of water. Stir for half a minute, and then pour into a border of purée of potatoes.

To Make the Purée. — Cover the potatoes with boiling water, and place them on the fire just before putting on the fish and milk. Cook for half an hour; then drain off the water, and mash the potatoes. Add the seasoning to them, and arrange on a warm dish in the form of a border.

* Salt Fish and Eggs in Cream.

This is a pretty dish for breakfast. It is made of a pint of salt fish, a pint of milk (cream is, however, better), half a dozen eggs, two generous table-spoonfuls of butter, one table-spoonful of flour, and salt and pepper in quantities to suit one's taste.

Free the fish of skin and bones; then wash it carefully, and tear it into small pieces. Let it stand over night in a pint of cold water, and in the morning set the basin which contains it on the stove in another of hot water, and let the fish cook for twenty minutes or half an hour. Meanwhile put the eggs into another basin, and after covering them with boiling water, cover the basin and set it where the water will keep hot for ten minutes without boiling.

During this time put the milk on the stove in a saucepan. Stir the butter and flour together, and stir the mixture into the milk when it begins to boil. Season with salt and pepper, and then set the saucepan back for two minutes where the heat is so slight that the milk will only bubble.

Turn the fish into the strainer, to drain off all the water; then put it into the cream sauce, and cook five minutes longer. While it is cooking, transfer the eggs from the basin of hot water to some cold water, and then break the shells and remove them carefully. Cover the eggs with a napkin, to keep them warm. Pour the fish and cream upon a warm platter, and lay the eggs in a circle on top. If care has been taken to keep them hot without boiling, they will be soft and digestible. Serve the dish without delay.

* Salt Fish in Cream.

After tearing a pint of salt fish into bits, cover it with water, and let it soak over night. In the morning pour off the water, and add a pint of milk to the fish. Heat slowly and keep hot (without boiling) for half an hour. Rub together one large table-spoonful of butter and one of flour, and stir in with the fish and milk. Put the dish where it will simmer for ten minutes. Season, if necessary, with salt and pepper. It is an improvement to add two well-beaten eggs, and serve the fish in a border of mashed potatoes. Finished in this way, the dish is a good one for luncheon.

* Fish Toast.

Use six small slices of toast, one pint of cold cooked fish, freed of skin and bones, and torn into shreds with two forks, three gills of milk, two table-spoonfuls of butter, the yolks of two eggs, one teaspoonful of flour, one-fourth of a teaspoonful of white pepper, a generous teaspoonful of salt, and one teaspoonful of lemon juice.

Put half a pint of milk in the double-boiler and set it on the fire. Mix half of the remaining milk with the flour, and stir the mixture into the boiling milk. Cook for five minutes; then add the fish, salt, and pepper, and cook for five minutes longer. Beat the yolks of the eggs well, and add the rest of the cold milk to them. Stir this mixture into the dish containing the fish mixture, and take the latter from the fire at once. Now add the lemon juice, and spread the prepared fish on the bread, which should be toasted and buttered while the fish is heating. Serve very hot.

* Baked Salt Mackerel, Cream Sauce.

Wash a salt mackerel thoroughly, and soak it over night in about three quarts of cold water. In the morning lay it on its back in a shallow baking-pan, and pour a pint of milk over it. Bake for twenty minutes in a moderately hot oven, stirring into the milk, at the end of a quarter of an hour, a level table-spoonful of flour, a large table-spoonful of butter, and one-eighth of a teaspoonful of pepper, all rubbed together till a smooth paste is formed. At serving-time, carefully transfer the fish to a warm platter, and pour the sauce over it.

* Spiced Salmon.

Free of skin and bones any salmon left from a dinner, and put it into a deep dish or a bowl. Next prepare a marinade, allowing for each pint of fish the following-named ingredients: a gill of vinegar, two table-spoonfuls of lemon juice, two cloves, a small piece of stick cinnamon, a bay leaf, a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Put these articles on the stove in a covered saucepan, and as soon as the mixture begins to boil, pour it over the salmon. Cover the dish and set it in a cool place. This gives a nice relish, which will keep for a week.

Any other rich fish may be treated the same as salmon.

* Broiled Smoked Salmon.

Even so simple a dish as this is often improperly prepared. For six persons take a piece of smoked salmon about six inches long and four broad, remembering that the fish is very rich. Wash and drain, and broil slowly for twelve minutes. Place on a warm dish, and spread a table-spoonful of butter on it.

* Broiled Salt Fish.

At first thought it may seem absurd to give a rule for broiling a bit of salt cod; nevertheless, few people cook this fish in the best way. It is a delicious relish if properly prepared. Use a piece cut from the thick part of the cod. Wash it well, and let it stand in cold water for twenty minutes; then wipe it dry, and broil over a moderate fire for ten or twelve minutes. Place on a warm dish, and spread butter over it with a generous hand, cutting the fish a little here and there, so that the butter may penetrate all parts of it.

* Dried Sprats.

These little fish are sold for ten cents a bunch. They make a nice relish for luncheon or supper. Put them in a bowl, and cover with boiling water. Let them stand ten minutes; then skin them, and wipe dry. Broil over clear coals for eight minutes. Put them on a warm dish, spread a little butter on them, and serve.

* Smoked Herring.

Prepare the herring in the same manner as the dried sprats.

* Halibut Fishballs.

For six persons use two cupfuls of cold boiled halibut, four or five potatoes of medium size, an egg, two table-spoonfuls of butter, one teaspoonful of salt, one-third of a teaspoonful of white pepper.

Chop the fish fine. Put the potatoes into boiling water, and cook them for half an hour; then pour off the water, and mash the potatoes until light and fine. Add the fish and seasoning, and finally the egg, well beaten. Form the mixture into small balls; and after putting these into a frying-basket, plunge them into boiling fat. Cook until brown, — say about two minutes.

If, instead of making balls of the mixture, one add one-fourth of a cupful of cream or milk to it, form it into flat cakes, and cook these in a frying-pan, with either pork fat or butter enough to prevent sticking, a very palatable dish will be the result. It will take longer to cook these cakes than it does to cook fishballs, but they will be delicate, and not so much fat will be required as is needed for the immersion of fishballs.

* Fish Cakes.

To make these cakes one must use eight potatoes of good size, one cupful and a half of raw salt cod, which has been shred rather fine (do not soak it), one egg, one heaping table-spoonful of butter, one-eighth of a tea-spoonful of pepper, half a gill of milk, one-eighth of a pound of salt pork, and salt enough to suit your taste as the work goes on.

Pare the potatoes, and put them into a stew-pan of good size; then rinse the fish, and put it on top of the potatoes. Cover with boiling water, and cook for half an hour; then pour off all the water, and mash both fish and potatoes until fine and light. Add the seasoning, butter, milk, and egg. Cut the pork into thin slices, and putting it into a frying-pan, cook it until brown and crisp. Form the fish mixture into small, thin cakes, perhaps two inches and a half in diameter. Remove the pork from the frying-pan, and put these cakes into the fat. When they get brown on one side, turn them, and brown the other side. When all have been fried, serve them on a hot platter with the slices of pork for a garnish.

If you do not like the taste of pork the cakes may be fried in three table-spoonfuls of butter.

Fish Croquettes.

Free of skin and bones a pint of cold boiled fresh fish, and tear it into shreds. Add to it a pint of hot mashed potato, a table-spoonful of butter, half a cupful of hot milk, a well-beaten egg, one-third of a teaspoonful of pepper, a generous teaspoonful of salt, and half a teaspoonful of chopped parsley. Mix thoroughly, and set away to cool. When cold, shape into cylinders, cones, or balls; then dip in a beaten egg, and roll in fine bread-crumbs. Just before serving-time place the croquettes in a frying-basket, and plunge into boiling fat. Cook for two minutes, and serve as soon as they have been drained.

If the croquettes be wanted for breakfast, all the labor except frying may be done the previous day.

Fried Frogs' Legs.

Wash the legs in cold water, and let them drain in a colander; then season well with salt, pepper, and lemon juice. For a dozen legs, beat two eggs until they are well broken, and season with salt and pepper. Dip the legs into the beaten eggs and then into dried bread crumbs, and, placing them in a frying-basket, plunge into boiling fat. Cook for five minutes, and serve very hot. Frogs' legs are suitable for breakfast or luncheon, or for an entrée at dinner. In the latter case they should be served with Tartar sauce.

Fried Shad Roe.

For six persons use the roe from two fishes. Wash them, and put them in a stew-pan with one table-spoonful of salt and enough boiling water to cover them. Cook for ten minutes, and then put them into a bowl of cold water for an equal period. On removing them from the water at the end of that time cut them in slices about half an inch thick. Sprinkle these slices with one table-spoonful of salt, half a teaspoonful of pepper, and the juice of one lemon. Now dip in beaten egg and then in bread crumbs, and fry in lard for five minutes.

Shad Roe Baked with Cream Sauce.

Boil and cool the roe in the same manner as for frying. Put two table-spoonfuls of butter in a frying-pan, and set the pan on the stove. When the butter becomes hot, add two level table-spoonfuls of flour. Stir until the flour becomes brown; then draw the pan back to a cooler place, and gradually pour into it one pint of milk, stirring all the time. Add a teaspoonful of salt and half a teaspoonful of pepper. Boil up once; then pour into a bowl, and set in a warm place.

Butter a tin plate, and place the roe on it. Season well with salt and pepper. Pour four table-spoonfuls of the sauce over the roe, and then bake them in a moderately hot oven for three-quarters of an hour, basting every fifteen minutes with the sauce and dredging lightly with salt and pepper. Five minutes before the roe are done, pour upon the plate any of the sauce that may remain in the bowl at that time. Serve on a warm dish.

Shad Roe Baked in Tomato Sauce.

Boil and cool the roe as previously directed. Put into a stew-pan one cupful of tomato, one cupful of stock or water, one teaspoonful of salt, half a teaspoonful of pepper, and a bit of onion about as big as a dime. Boil for ten minutes.

Put two table-spoonfuls of butter into a frying-pan and on the stove, and as soon as it becomes hot, add one table-spoonful of flour. Stir until smooth and frothy, and then turn into the cooking tomato. Cook five minutes longer, and then rub through a strainer. Now proceed exactly as with roe baked with cream sauce.

Various kinds of roe may be prepared in the same way as the shad roe.

Oysters.

Oysters are at their best in cold weather. The breeding season begins about the first of May, and the fish become soft and milky. It is not until the weather turns cold that they grow firm and plump again. Canned oysters are, of course, as good at one time as another, because they are preserved when at their best.

Oysters are sold in some places wholly by measure, and in others both by measure and by number. When sold by measure, they are usually bought with the juice that was taken from the shells, and frequently water is added to this, to fill up the measure; these are called liquid oysters. Solid oysters have very little juice with them.

When oysters are sold by the dozen, they are usually divided into several grades. "Counts" are the largest oysters, and are suitable for frying, broiling, stuffing, etc. They bring the highest price, of course. "Selects" also are large oysters, coming next to counts. They are called "culls" in some places. "Straights" are the oysters taken as they come, large and small. The smallest oysters are called stewing oysters.

In cooking oysters, few people consider how delicate they are and how easily spoiled. The seasonings used should be few and of the most delicate kind; and no matter what the mode of preparation be, the cooking should never be prolonged after the oysters have become plump and their edges curl. Too much cooking makes them shrink and grow tough.

In planning for a dish of oysters in almost any form, nearly all the work may be performed some time previous to the meal. The cooking should not be done until everything has been so arranged that the dish may be sent to the table the moment it is finished. The foundation of an oyster soup may be made a considerable time before dinner, and the oysters and liquor added later. Then with creamed oysters, the cream may be prepared, the oysters heated to the boiling-point in their own liquor, drained, and set aside for half an hour, if need be, without injury, provided they are not kept hot; and at serving-time it will only be necessary to add them to the hot sauce. Oysters may be breaded and put away, in a cool place, for a long time before they are fried; but they should be eaten just as soon as they are cooked in order to taste them in perfection. It is the same with escaloped oysters; they may be prepared considerably in advance of the cooking, yet must be served immediately after coming from the oven in order to obtain the greatest satisfaction from them. It is surprising that people take so much pains in cooking oysters and then fail of placing them upon the table with the least possible delay. A last word of caution: avoid over-cooking.

To Serve Raw Oysters.

Raw oysters are served on the half-shell, in oyster plates, and in a block of ice. Serve each person with five or six oysters and a quarter of a lemon. Pass thin slices of buttered brown or graham bread. Be sure that the butter is spread very thin on the bread.

Little-neck clams take the place of oysters during the hot weather, and are served in the same manner.

* Stewed Oysters.

Drain all the liquor from a quart of oysters, and, putting it into a stew-pan, let it heat slowly, being careful that it does not get burned. When it has been heated to the boiling-point, skim it carefully. Meanwhile heat a quart of milk in a double-boiler; and when it begins to boil, add the skimmed liquor, the oysters, two table-spoonfuls of butter, and salt and pepper to suit the taste. Let the stew boil up once, and then serve.

Many people think that a few — say four — table-spoonfuls of powdered cracker improve the stew. If any cracker be used, add it when the oysters are put in.

Oysters Sauté.

After draining two dozen large oysters, season them with salt and pepper and roll in fine cracker crumbs. Put four table-spoonfuls of butter into a cup, and let the cup stand in a basin of boiling water until the butter becomes melted, — clear on top, with sediment collected on the bottom of the cup. Pour half of the clear butter into a frying-pan, and when it gets very hot put in enough oysters to cover the bottom of the pan. When they are brown on one side, turn them and brown the other side. Be careful that they do not get burned. Serve very hot on crisp toast. Now put the remainder of the clear butter into the frying-pan, and cook the rest of the oysters.

The sediment that is left on the bottom of the cup may be used with drippings or lard for shortening. Its presence in butter increases the danger of burning; therefore it should always be separated from the butter before the time for frying.

Curried Oysters.

Lay out a solid quart of oysters, half a pint of cream, two table-spoonfuls of butter, one generous table-spoonful of flour, one teaspoonful of curry-powder, half a teaspoonful of chopped onion, and some salt and pepper.

Put the oysters into a stew-pan, and heat them to the boiling-point, being careful that they do not get scorched. Skim carefully, and turn into a large strainer or colander. When they have been well drained, put them away in a bowl, or anything else that is convenient, where they will keep warm without cooking any more. Put the butter and onion into a frying-pan, and cook slowly for ten minutes. Mix the flour and curry-powder, and stir into the butter. Continue the stirring until the mixture is smooth and frothy; then draw the frying-pan to a cooler part of the stove and gradually add half a pint of the liquor which was drained from the oysters. When this boils up, add the cream and some salt and pepper. Boil up once more and strain. Put the oysters into the sauce, and serve immediately with a plate of crisp toast.

Fried Oysters.

For six persons provide four dozen large oysters. Drain them in a colander, and season well with salt and pepper. Have ready a pint and a half of fine dry bread crumbs seasoned slightly with salt and pepper. Beat three eggs in a soup-plate. Put a few of the crumbs on a large plate, and after rolling the oysters on this plate, one by one, lay them on a board that has been sprinkled lightly with crumbs. When all the oysters have been thus treated, dip them into the beaten egg, one at a time, and roll in a quantity of crumbs. Place them on a large platter or on plates, but never on top of one another. Let them stand for an hour or two in a cool place. When the time for frying comes, put a layer of oysters into the frying-basket, and plunge into boiling fat so hot that blue smoke rises from the centre. Cook for about a minute and a half; then drain on brown paper. Cook the remainder of the oysters in the same way, and serve on fried slices of brown bread or on a warm napkin. The bread is a very nice accompaniment. Oysters prepared in this manner are brown, crisp, plump, and tender.

If the crumbs be not liked, the oysters may be fried in table oil. Four table-spoonfuls will be enough for two dozen oysters. Put it into a small frying-pan, and when it has become hot, drop in oysters in number sufficient to cover the bottom of the pan. Brown on one side, and then turn and brown on the other.

Oysters that are to be fried by this mode may simply be seasoned with salt and pepper, or they may be seasoned, and dredged lightly with flour. They will not be so attractive as if cooked in the manner first described, yet will be sweet and tender.

Dressed celery or cabbage salad is exceedingly good with fried oysters.

Oysters à la Poulette.

Put a solid quart of oysters on the stove to boil in their own liquor. As soon as they begin to boil, skim carefully, and turn into a strainer; and when they have been well drained, set them aside. Put half a pint of the oyster liquor into a saucepan, and when it begins to boil, stir into it one heaping teaspoonful of flour mixed with three table-spoonfuls of cold water. Boil gently five minutes longer. Put a pint of cream into a double-boiler, and when it begins to boil, add the thickened oyster liquor. Season with salt, pepper, a slight grating of nutmeg, and a grain of cayenne. Have at hand the yolks of four eggs, well beaten, and add to them half a cupful of cold cream. Now add to the cooking mixture the oysters, a table-spoonful of butter, and finally the egg mixture. Cook for three minutes, stirring all the time; then remove from the fire immediately, and serve with a border of puff-paste cakes. If you choose, add a table-spoonful of lemon juice just as the oysters are taken from the fire.

Oyster Cutlets.

There must be taken for these cutlets one cupful of fine-chopped cooked chicken, half a pint of oysters, three eggs, one table-spoonful of flour, one of butter, two of fine cracker crumbs, one of lemon juice, one teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

Soak the crumbs in the oyster liquor. Chop the oysters very fine, and add them to the soaked crumbs. Add also the chicken and seasoning. Put the butter into a frying-pan, and when it becomes melted, add the flour. Stir until smooth and frothy; then add the oyster mixture, and stir for three minutes. Put in two eggs, beaten well, and stir for a minute longer. Take from the fire and spread upon a platter to cool, and when cold, shape like cutlets. After beating the remaining egg (which should be a large one), dip the cutlets into it and then into bread crumbs, and fry in fat until brown. A minute and a half should suffice for the cooking. Serve with Bechamel or anchovy sauce.

While the mixture is hot it may be spread smoothly upon a buttered platter and then shaped into cutlets; or the cutlets may be moulded in a tin form that is made for that purpose.

* Oysters au Gratin.

For six or eight persons use a solid quart of oysters, one gill of cream or milk, a scant half-pint of oyster liquor, two table-spoonfuls of flour, two of butter, one of Parmesan cheese, one cupful of grated bread crumbs, half a teaspoonful of pepper, one heaping teaspoonful of salt, and a slight grating of nutmeg.

Heat the oysters to the boiling-point in their own liquor; then skim them out, and drain them, saving the liquor. Put half a pint of this liquor into a stew-pan, and heat it slowly to the boiling-point. Meanwhile beat the butter and flour together until smooth and light. Stir this mixture into the liquor when it begins to boil, and cook for three minutes more; then add the cheese, salt, pepper, nutmeg, and cream. Heat to the boiling-point once more, and add the oysters.

Now spread the contents of the stew-pan in a gratin dish or an escalop dish, and sprinkle the crumbs over the mixture. Place on the upper shelf of an oven having a moderate heat; the heat should be greatest at the top of the dish. Bake for twenty minutes, and serve immediately afterward.

The crumbs will be crisper if an extra table-spoonful of butter be broken into bits and sprinkled over them before baking.

* Roasted Oysters.

Put a solid quart of oysters into a stew-pan in their own liquor. Rub three large table-spoonfuls of butter and two level table-spoonfuls of flour to a cream; and when the oysters have been heated to the boiling-point, skim them carefully and add the butter and flour. Season with a table-spoonful of lemon juice, one-tenth of a teaspoonful of cayenne, a little white pepper, and a quantity of salt to suit your taste, and then boil up once. Have six small slices of toast on a warm platter, and after pouring the oysters upon them, serve immediately.

* Escaloped Oysters.

For a dish that holds three pints, generous measure, use one solid quart of oysters, half a pint of cracker crumbs, three table-spoonfuls and a half of butter, one teaspoonful and a half of salt, and one-third of a teaspoonful of pepper.

Put one-third of the oysters in the bottom of the dish, taking them up with a fork, that there may not be too much liquor, — as there would be if a spoon were used. Sprinkle half a teaspoonful of salt and one-third of the pepper on these. Now dot with one table-spoonful of the butter. Spread a generous half-cupful of the cracker crumbs over this. Now spread the remainder of the oysters on the cracker crumbs, taking them up, as before, with the fork. Sprinkle with the rest of the salt and pepper, and dot with a table-spoonful and a half of butter. Spread the remainder of the cracker over these oysters. Now dot with a table-spoonful of butter, and sprinkle with the oyster liquor. Bake in a hot oven for half an hour.

If the flavor be liked, a slight grating of nutmeg and a gill of wine may be added to this dish.

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* Here is another receipt in which bread crumbs are used instead of cracker: Take one solid quart of oysters, drained as free as possible from liquid, three pints of grated bread crumbs, a teaspoonful and a half of salt, one-third of a teaspoonful of pepper, and three generous table-spoonfuls of butter.

Grate the bread and measure it lightly. Spread it in a large dripping-pan, and put into a moderate oven to dry. Keep it in the oven for about twenty minutes, stirring frequently. It should be only slightly browned in that time. Let the crumbs cool, and then prepare and cook the oysters the same as with cracker crumbs, save that none of the oyster liquor should be used.

* Broiled Oysters.

Get the largest oysters. Season them with salt and pepper. Dip them one by one into melted butter; then roll them in flour. Lay them on an oyster-broiler that has been rubbed over with butter. It is best to use a double-broiler made of fine wire, with the bars very close together. Cook the oysters over clear coals until they turn a delicate brown. Serve on slices of thin toast.

These oysters may be rolled in fine cracker crumbs instead of the flour.

Oysters that have been breaded, the same as for frying, are nice broiled.

* Spindled Oysters.

Use three dozen large oysters, three ounces of smoked bacon, six slices of toast. Six or eight long, slender steel skewers also will be needed.

Cut the bacon into three dozen small, thin squares. String the bacon and the oysters on skewers, alternating with the fish and meat. Be careful to run the skewer only through the hard part of the oyster. Rest the ends of these skewers on the sides of a narrow baking-pan, so that the oysters shall hang down, but not touch the bottom of the pan. Have a little space between each skewer, so that the heat shall reach all parts at once. Place the pan in a very hot oven for five minutes. On taking it from the oven, place a skewer, with its contents, on each slice of toast. Pour over the toast the juices which have run into the pan. Serve at once.

* Griddled Oysters.

Have the griddle heated the same as for griddle-cakes. Have the oysters wiped dry. Now spread them on a clean towel, and place on a large plate. Have on a dish as many slices of buttered toast as there are persons to serve. Have a table-spoonful of butter for every dozen oysters. Put this in a small saucer, and place it beside the oysters. Now drop a piece of butter about the size of a large pea on the hot griddle, and immediately drop an oyster on this butter. Continue this work rapidly until all the oysters are on the griddle. Now come back to the first one. Drop a bit of butter near it; then slip a knife under the oyster, and lift it from the griddle with the brown crust that has formed under it. Turn it over on the fresh bit of butter, and continue in this way until all have been turned. Now, beginning with the first oyster, take off all and place them on the toast.

The entire work must be done rapidly, or the oysters will be cooked too much. Never try the shorter way of buttering the entire griddle at once; if you do you will have burned butter, which will destroy the true flavor of the oysters.

* Oysters on Toast.

For six people use fifty good-sized oysters, three table-spoonfuls of butter, one teaspoonful of lemon juice, one-eighth of a teaspoonful of pepper, six slices of toast, and salt to suit the taste.

Put the oysters in a frying-pan and on the stove, and when they get heated to the boiling-point, add the seasoning. Boil up, and then pour them on the slices of toast, which should be arranged on a warm platter. Serve at once. This is the simplest way to prepare oysters. They can be cooked at the table in a chafing-dish.

Stuffed Oysters.

For two dozen large oysters make a force-meat with the following-named ingredients: the breast of an uncooked fowl, chopped, pounded, and then rubbed through a purée sieve, one-fourth of a cupful of cream or milk, one-eighth of a cupful of stale bread crumbs free of crust, the white of one egg, one table-spoonful of butter, half a teaspoonful of salt, a tiny bit of white pepper, and a slight grating of nutmeg.

Put the bread and cream in a small saucepan, and cook until a smooth paste is formed (it will take ten minutes on the back of the range, where it should be put, and where it will hardly bubble). Take this paste from the fire, and add the seasoning, chicken, and the white of the egg, well beaten. Mix all well, and set away to cool.

Dry the oysters on a soft towel, and season them well with salt and pepper. Now roll them in fine bread crumbs, and lay them on a large dish. Divide the force-meat into twelve parts, and spread evenly on twelve oysters. Lay the other twelve oysters on the first dozen, pressing gently with the blade of the knife to make them stick.

Put into a deep plate the yolk of the egg left from the force-meat and one whole egg, and beat well with a fork. Season with salt. Dip the stuffed oysters in this egg, and then roll them in bread crumbs, being careful to have every part covered with the egg and crumbs. When all are done, place them in a frying-basket, being careful not to crowd them, and cook until they are a rich brown, in fat at the temperature of about 400°. It will take about one minute and a half to fry them. Serve with Madeira sauce.

The stuffed and breaded oysters may be kept in a cool place for several hours before frying.

Oysters à la Duxelles.

Use three dozen oysters of medium size, four table-spoonfuls of chopped mushrooms, the yolks of two eggs, two generous table-spoonfuls of butter, two level table-spoonfuls of flour, one-eighth of a teaspoonful of cayenne, half a teaspoonful of onion juice, one teaspoonful of lemon juice, salt to suit the taste, and four table-spoonfuls of cold water.

Heat the oysters to the boiling-point in their own liquor. Skim them, and then turn them into a strainer that has been placed over a bowl. Let the liquor stand for a few minutes; then pour off one pint of it, being careful not to pour in any sand. Put the butter in a saucepan and on the fire, and when it becomes hot add the mushrooms to it. Cook for two minutes, stirring all the while. Now add the flour, and stir until frothy. Draw the saucepan back, and gradually add the oyster liquor, stirring steadily; then push forward, and add the salt, pepper, and onion juice. Boil for three minutes; then add the oysters. Cook for two minutes, and stir in the yolks of the eggs, which have been beaten thoroughly with the cold water. Take from the fire at once, and add the lemon juice. Serve immediately.

These oysters may be served on thin slices of toasted bread, or with a border of puff-paste cakes, or on Boston crackers that have been split, dipped in cold water, then buttered on the inside, and placed on a pan and in a hot oven for six or seven minutes.

Baked Oysters à la Duxelles.

For six persons use one solid quart of oysters, a cupful and a half of chicken or veal stock, one teaspoonful of fine-minced onion, a cupful of fine-chopped mushrooms, three table-spoonfuls of flour, six of butter, a generous pint of grated bread crumbs, the yolks of three eggs, two table-spoonfuls of lemon juice, one-fifth of a teaspoonful of cayenne, one quarter of a teaspoonful of white pepper, and about three teaspoonfuls of salt.

Put the oysters and stock on the fire in a stew-pan. The instant they begin to boil, take them from the fire; skim them, and then turn into a colander that has been placed over a bowl. Pour off one pint of the strained liquor, being careful not to get any sand in it. Now put five spoonfuls of the butter in a stew-pan and on the fire. When the butter is melted, add the onion and mushrooms. Cook for five minutes, stirring all the while, and being careful not to brown the mixture. Now add the flour, and stir until the mixture is frothy. Draw the saucepan back to a cooler part of the stove, and gradually add the pint of strained liquor. Stir until it boils, and then simmer for three minutes. Add the yolks of the eggs, well beaten, the oysters, and the seasonings, and take the pan from the fire. Turn the mixture into an escalop dish. Cover with the grated crumbs, and dot these with the remaining table-spoonful of butter. Bake in a moderately hot oven for twenty minutes.

This dish is suitable for an entrée or for a supper dish.

Oysters à la Villeroi.

For six persons use two dozen large oysters, half a pint of chicken or veal stock, two large table-spoonfuls of butter, two of flour, three eggs, one table-spoonful of lemon juice, one-third of a teaspoonful of pepper, and some salt and dried bread crumbs.

Put the oysters in a stew-pan with the chicken stock, and place on the fire. As soon as they boil, take them from the fire and skim them. Now turn them into a colander which is placed over a bowl, to save the liquor.

Mix the butter and flour together in a saucepan. Add a cupful and a half of the oyster liquor, and place the mixture on the fire. Stir all the time until it boils; then set it back, and let it simmer for three minutes.

Beat the yolks of two eggs well, and add to them two table-spoonfuls of the cool oyster liquor. Stir this into the sauce, and cook for one minute, being careful to stir all the while and not to let it boil. Take from the fire, and add the lemon juice; also season with salt and pepper, and then set away to cool. Beat well one whole egg and the white of another. Add half a teaspoonful of salt, and beat a little longer. Now season the drained oysters with salt and pepper. Dip them one by one in the cooled sauce, being careful to cover every part with it. As each oyster comes from the sauce, roll it lightly in the bread crumbs. When all have been treated in this way, dip them in the beaten egg and then roll again in the bread crumbs. Fry in fat for a minute and a half. Arrange on a warm napkin, and garnish with quartered lemons and parsley. Serve Bechamel or tomato sauce with them, if they are served for an entrée, but if they are for a supper dish there should be no sauce.

When these oysters are being "sauced" and breaded, two may be fastened together with the sauce, if you prefer them that way.

Oyster Kabobs.

Use the same materials as for oysters à la Villeroi, but with the addition of four table-spoonfuls of fine-chopped mushrooms, half a teaspoonful of minced parsley, and one teaspoonful of onion juice. When the butter and flour are mixed for the sauce, add these new ingredients with the oyster liquor.

When the oysters are covered with the sauce, string five or six on a steel or silver skewer, and then roll in crumbs. Next cover with egg, and again with crumbs. Fry, and serve on slices of toast, with a garnish of parsley.

* Oysters Cooked in a Chafing-dish.

This way of cooking oysters is popular with gentlemen. The combinations may be varied to suit different tastes. Here are a few simple methods of preparing the dish: —

Put into the chafing-dish one solid pint of oysters, two table-spoonfuls of butter, one scant teaspoonful of salt, and a little cayenne. Light the lamp, and cook the oysters, stirring often, until they curl on the edges. Serve at once on slices of buttered toast.

Another way is to add one table-spoonful of lemon juice and the yolks of two well-beaten eggs to the oysters as soon as the edges begin to curl. Stir for half a minute and serve on toast.

Still another way is to add a gill of cream or milk to the oysters as soon as they begin to curl. Stir until they boil once more.

* Roast Clams.

When possible, get the clams ten hours or even a day before they are to be cooked. Wash them in an ample quantity of clear water; then just cover them with fresh water, and for each peck of clams, sprinkle in one cupful of corn meal. This will make them plump and tender. Bear in mind that a peck will make only about a quart when shelled. When it is time to cook the clams, be sure that the oven is very hot. Rinse the clams, and drain them in a colander for a few minutes; then spread them in an old dripping-pan, and put the pan into a hot oven. As soon as the shells begin to open, the clams will be found to be cooked; this will be in from five to eight minutes. Have at hand a deep dish, well warmed, and drop the clams into it as soon as they have been removed from the shells. Spread sauce over them, and serve with thin slices of buttered brown bread.

To make the sauce, put three table-spoonfuls of butter into a warm bowl and beat it to a cream; then stir into it one table-spoonful of lemon juice, one teaspoonful of salt, one-fourth of a teaspoonful of white pepper, and very little cayenne.

* Here is another receipt: Scrub the shells with a brush, and wash them in several waters; then drain well. Spread in a large dripping-pan, and put the pan in a very hot oven. As soon as the shells open — say in ten or twelve minutes — the clams should be served either in the whole shell or half the shell. Quarters of lemon, butter, salt, and pepper, and toasted brown bread should be served with them.

* Stewed Clams.

Use about a quart of shelled clams, one table-spoonful of flour, two table-spoonfuls of butter, half a pint of milk, about one teaspoonful of salt, and one-fourth of a teaspoonful of pepper. Put the milk on the stove in a double-boiler. Put the clams into a colander, and pour a quart of cold water over them. This washes them sufficiently. Do not let them drain, but put them into a stew-pan immediately. Add the milk as soon as it begins to boil. Beat the flour and butter together until creamy; and when the clams begin to boil, put the creamy mixture into the stew-pan. Add the seasoning, and let the clams simmer for two minutes. Lay some toasted bread or crackers on the bottom of a deep dish, and pour the stew upon them.

Deviled Scallops.

Use for this dish a quart of scallops, half a cupful of butter, one teaspoonful of made mustard, one teaspoonful of salt, one-fourth of a teaspoonful of cayenne, one cupful of white stock (chicken or veal), and a cupful of cracker crumbs.

Put the scallops on the stove in a saucepan, and heat them just to the boiling-point in their own liquor; then drain them, saving the liquor, and chop them rather fine. Reserve a spoonful of the butter, and, putting the remainder into a warm bowl, beat it to a cream; then add the seasoning, beating it in thoroughly. Now add the stock, hot. Stir the chopped scallops and their liquor into this sauce, and let them stand for half an hour. At the end of that time put them into an escalop dish or in shells. Sprinkle with crumbs, dot with the table-spoonful of butter, and bake in a moderate oven for twenty minutes. Serve immediately.

Scallops Fried in Batter.

Make a batter of a pint of flour, two eggs, one table-spoonful of salad oil (or a table-spoonful of butter, if you have no oil), one teaspoonful of salt, and nearly half a pint of milk. Beat the eggs until light, and, after adding the milk to them, pour the mixture upon the flour. Beat vigorously for two or three minutes; then add the salt and oil. Drain a quart of scallops, and season with salt and pepper. Drop them into the batter, and then drop spoonfuls of scallops and batter into boiling fat. Cook for three minutes. Drain, and serve at once.

* Fried Scallops.

Drain two dozen scallops carefully, and after seasoning them with salt and pepper, roll them lightly in fine bread crumbs. Beat two eggs in a soup-plate, with a spoon or fork, and after dipping the scallops in the egg, roll them in a quantity of crumbs and lay them on a large platter. Be careful that they do not touch each other. When all have been breaded, place in the frying-basket as many as can be accommodated on the bottom, and plunge into boiling fat. Cook for two minutes, and serve with toast and cabbage or celery salad. Tartar sauce also is a good accompaniment.

Care must be taken that the fish are thoroughly seasoned with salt previous to the breading, and that the fat is so hot that blue smoke rises from the centre.

Soft-shell Crabs.

If the following directions be followed carefully, it will not be a difficult task to clean soft-shell crabs. The back of the crab is of greenish color, and feels to the touch somewhat like a piece of thin, stiff rubber. At each end it tapers to a very sharp point. Now, having the crab in its natural position, take one of these points between the thumb and forefinger of the left hand, pressing the back at the same time with the second finger, and bend the shell back about half-way, keeping the crab on the plate all the while. There will then be exposed a spongy substance shaped like a scallop shell. Scrape, and, if necessary, cut, this sponge entirely away, and then repeat the operation at the other point of the back. Next turn the crab over, and when it lies on its back there will be seen a semi-circular piece of soft shell, at once noticeable because of its dark color. This is commonly called the "apron," or "flap." It finishes in a point. Take this point between the finger and thumb, and raise the apron, pulling or cutting it off of the crab. Some of the spongy substance already described will be found here, and should be removed. Wash in cold water, and wipe gently with a soft towel. The crab will then be ready for its seasoning, preparatory to cooking.

Fried Soft-shell Crabs.

After seasoning the crabs with salt and pepper, dip in beaten egg and afterward in dry bread crumbs. Fry in hot fat until they acquire a rich brown color, — say for about three minutes, — and serve at once with Tartar sauce.

Baked Crabs.

After cleaning the crabs and seasoning them with salt and pepper, dip them in melted butter and sprinkle thickly with dry bread crumbs. Put them into a dripping-pan, and set them into an intensely hot oven for five minutes. Serve immediately with mustard cream sauce.

Broiled Soft-shell Crabs.

Clean the crabs, and season with salt and pepper. For eight, melt half a cupful of butter in a deep plate. Add two table-spoonfuls of lemon juice and one-fourth of a teaspoonful of cayenne. Roll the crabs in this liquid and then in dry flour. Place them in a double-broiler, and cook over hot coals for eight minutes. Serve with Dutch sauce.

Deviled Crabs.

Use one pint of crab meat (a dozen good-sized crabs will supply this quantity), a generous half-pint of white stock, four table-spoonfuls of butter, one scant table-spoonful of flour, one teaspoonful of mustard, one-fourth of a teaspoonful of cayenne, two level teaspoonfuls of salt, one table-spoonful of lemon juice, and a pint and a half of grated stale bread crumbs. Pick the crab meat from the shells. Wash and wipe the shells. Put the stock in a small saucepan. Mix the flour, mustard, and two table-spoonfuls of the butter. Stir this mixture into the boiling stock. Boil for two minutes, and on taking from the fire, add the crab meat and seasonings. Mix well, and then put the mixture into the crab shells. Sprinkle the bread crumbs over these, and then dot with the two remaining table-spoonfuls of butter. Arrange the shells in a large baking-pan, and cook in a rather hot oven until the crumbs get browned. The pan must have a grate under it, so that the heat shall not be great at the bottom. The crumbs should become brown in ten or twelve minutes. Cover the bottom of a large dish with parsley. Arrange the crabs on this, and serve at once.

Lobster, prawn, and shrimp may be prepared in the same manner.

Canned crab meat may be used for this dish.

* Curry of Lobster.

Cut into pieces about two inches square the meat of a lobster weighing about three pounds, and after seasoning with salt and one-fifth of a teaspoonful of cayenne, set it away in a cold place. Put three table-spoonfuls of butter into a frying-pan, and when it has become hot, add two table-spoonfuls of flour and a small teaspoonful of curry powder. Stir the mixture until it is brown; then gradually add a cupful and a half of stock, and season with salt and pepper. Add the lobster, and cook six minutes longer. Place small slices of crisp toast upon a warm dish, and pour the curry upon them. Garnish with triangles of toast and bits of parsley.

If the flavor of onion be liked, fry a small onion in the butter before adding the flour and curry-powder; but in this case strain the sauce before the lobster is put with it.

* Fricassee of Lobster.

Here is a good mode of preparing a lobster weighing two and a half or three pounds. Besides the fish there will be needed a pint of white stock or water, two table-spoonfuls of butter, two of flour, one of lemon juice, a teaspoonful of chopped onion, a tiny bit of mace, a sprig of parsley, and salt and pepper to suit the taste.

Remove the meat from the shell of the lobster, and cut it into small cubes. Put the tom-alley, or green liver, with it; and after seasoning with salt and pepper, put all into a deep saucepan, and set aside. Put the onion, mace, parsley, and butter into a frying-pan, and cook slowly for five minutes; then add the flour, and stir constantly until smooth and frothy. Draw the pan back, and gradually add the stock. Boil gently for three minutes; and after adding the lemon juice and some salt and pepper, strain the liquid upon the lobster. Cook the dish for eight minutes, and serve with boiled rice or dry toast.

When it is inconvenient to use stock, milk, or half cream and half water, may be substituted. In this case the lemon juice must not be added until the last moment, because it would curdle the sauce if boiled with it.

Lobster Newburg.

If provision is to be made for six or eight persons, use the meat of a lobster weighing about four pounds, or that of two small lobsters, four table-spoonfuls of butter, two of brandy, two of sherry, two teaspoonfuls of salt, one-fourth of a teaspoonful of pepper, half a pint of cream, the yolks of four eggs, and a slight grating of nutmeg.

Cut the meat of the lobster into small, delicate slices. Put the butter on the stove in a frying-pan, and when it becomes hot, put in the lobster. Cook slowly for five minutes; then add the salt, pepper, sherry, brandy, and nutmeg, and simmer five minutes longer. Meanwhile beat the yolks of the eggs well, and add the cream to them. Pour the liquid over the cooking mixture, and stir constantly for one minute and a half. Take from the fire immediately at the end of that time, and serve in a warm dish.

Lobster Newburg may be served as a fish course in a dinner or luncheon. A garnish of triangular bits of puff paste may be added, or the lobster may be served on toast. No mode of cooking lobster gives a more delicate or elegant dish. Special care must be taken to stir the mixture constantly after the cream and beaten eggs are poured over the lobster until the frying-pan is taken from the fire.

Lobster Cutlets.

For one dozen cutlets use one pint of lobster meat chopped rather fine, half a pint of cream or chicken stock, a generous table-spoonful of flour, three table-spoonfuls of butter, one of lemon juice, one-fourth of a teaspoonful of white pepper, one-sixth of a teaspoonful of cayenne, one level table-spoonful of salt, four eggs, some crumbs for breading, and the tips of twelve of the small claws.

Mix the salt and pepper with the chopped lobster. Put the cream or stock on to boil. Mix the flour and butter, and stir into the boiling cream. Cook for one minute, stirring all the while. Now add the lobster. Stir well, and cook for three minutes. Next add two of the eggs, well beaten. Stir quickly, and take from the fire instantly. Stir in the lemon juice, and spread the mixture on a platter to cool. When it is cold, sprinkle a board with fine bread crumbs, and put a soup-plate full of crumbs on one corner of the board. Beat two eggs in a second soup-plate. Butter a cutlet-mould, and sprinkle it generously with fine crumbs. Pack it full of the prepared lobster. Turn the cutlet out on the board, and line the mould again with crumbs, proceeding as before.

When all the cutlets have been formed, cover them with the beaten egg and crumbs. Now stick a small claw into the small end of each cutlet. Fry for about a minute and a half. Drain on brown paper, and arrange in a circle on a warm napkin, putting a teaspoonful of Tartar sauce in the centre of each cutlet. Or they may be arranged on a warm dish, and anchovy sauce be poured around them.

Shrimps Baked in Bell Peppers.

Use for this dish one dozen green bell peppers, one quart of picked shrimps, one teacupful of grated bread crumbs, two table-spoonfuls of butter, one teaspoonful of mixed mustard, one-fourth of a teaspoonful of pepper, one-eighth of a teaspoonful of celery seed, a slight grating of nutmeg, one egg, and some salt, unless the fish themselves be salty.

Cut the stem ends from the peppers, and then cut out the seeds and veins, — the "hot" parts. Soak the cleaned peppers in cold water for half an hour.

Beat the butter to a cream, and then beat into it the seasonings and the egg. Next add the crumbs. Mix these ingredients well, and add them to the shrimp.

Drain the peppers at the end of the half-hour, and stuff them with the prepared shrimp. Arrange them in a pan with the open side up. Cook in a hot oven for twenty minutes.

This dish may be served as an entrée or as a fish course in a dinner or luncheon. Crabs may be prepared in the same manner as shrimp.

Escaloped Shrimps.

If there be half a dozen persons in the family, use a quart of shelled shrimps, a pint of cream, two table-spoonfuls of butter, one table-spoonful of flour, one-fifth of a teaspoonful of cayenne, one pint of grated bread crumbs, and salt and pepper to suit the taste.

Rinse the shrimps in cold water, and sprinkle them with salt and pepper, using about a generous teaspoonful of salt and a fourth as much pepper. Put the cream on the stove in the double-boiler. Rub the flour and butter together until creamy; and when the pint of cream begins to boil, stir this mixture into it. Add the cayenne, some salt, and the shrimps, and taste the mixture to satisfy yourself that there is seasoning enough. Turn into one large escalop dish or several small shells. There will be fish and sauce enough to fill a dozen of the common-sized plated or china shells. Cover with the bread crumbs, place in a pan, and set in a hot oven. It will take about a quarter of an hour to cook them.

The pan should be raised from the bottom of the oven, so that the top of the dish shall be subjected to greater heat than the bottom; the object being to brown the crumbs without letting the sauce get so hot as to bubble. When it is possible to brown the dish under the grate or in a gas-broiler, it is better to do that than to put the dish into the oven, if the shrimps are to be cooked in the shell. Great or long-continued heat at the bottom is apt to make the dish less creamy, and to mar its appearance by causing the sauce to boil over at the edge. This is true of all escaloped dishes.

Terrapin.

One of the most popular dishes at fashionable dinners and suppers is terrapin stew. Gentlemen usually are especially fond of it. In some parts of the country only the rich can indulge in it; but as the fish are abundant in many sections at some seasons, it is well that more should be known about them.

Terrapin are found from Rhode Island to the Gulf of Mexico. They vary considerably in size and quality in different localities. In the fall and winter the finest cost from twenty-five to fifty dollars a dozen in the Northern markets; at times, however, they may be had for about one-fourth of that sum. In the South they are comparatively cheap, and are usually larger than those found in the Northern markets. In winter terrapin often are kept in pens for weeks or months. The flesh is not so good after such captivity. Rough, hard spots will be found upon the under shells of terrapin that have been penned. The female is the more desirable, being larger and tenderer.

There are two modes of killing terrapin. In the North, if the fish be small, the common way is to plunge them into boiling water, like lobsters. In the South the heads are cut off and the fish put in cold water for about half an hour, in order to draw out the blood. After boiling the terrapin, the work is finished in much the same way everywhere. The time of boiling varies with the age of the fish. If they be very young they may be cooked in half an hour, but when old they require about two hours' cooking to make them tender. Here is a good rule for cooking and cleaning:—

If the large Southern terrapin be used, let the fish lie in cold water for half an hour; then drop it into boiling water, and cook for ten minutes. Pour off the water, and after covering the terrapin with fresh cold water for a minute, take it up and with a towel rub the nails and black skin from the legs. Wash carefully, and place in a stew-pan with boiling water enough to cover. Cook until the flesh is tender, which will be until the joints of the legs can be broken with a slight pressure. The shell also will separate easily.

Take the terrapin from the water and let it cool a little. Place it on its back, with the head away from you. Loosen and remove the under shell. The liver, gall-bladder, and sand-bag will be found near the head; the gall-bladder attached to the left side of the liver. Take out this bladder, as you would from a chicken; also take out the sand-bag. Now cut off the head and throw it away. All that remains is to be used.

Take out the eggs, and remove a slight film that surrounds them; then drop them into cold water. Cut all the meat very fine; the intestines finer than any other part. Save the water that collects in the shells. The terrapin will now be ready for use in a stew or in other ways.

Terrapin White Stew.

For six persons use two large terrapins, three tablespoonfuls of butter, one pint of cream, two gills of sherry or Madeira, one gill of water, the yolks of six hard-boiled eggs, half a lemon, two level teaspoonfuls of salt, one-tenth of a teaspoonful each of cayenne, white pepper, ground mace, and allspice.

Put the fine-cut terrapin in a stew-pan with the water, butter, the juices that have collected in the shells, and the salt, pepper, and spice. Simmer for fifteen minutes. Mash the yolks of the eggs very fine, and gradually mix the cream with them. Add this mixture and the sherry, terrapin, eggs, and the lemon, cut in thin slices, to the stew. Stir until the stew has become thoroughly heated, but do not let it boil. Serve at once.

Small silver-plated saucepans that hold about a gill and a half are used for serving terrapin stew. One kind is shaped like a terrapin; the other is round, with a straight handle and tight-fitting cover. When terrapin is served in these miniature stew-pans, it is, of course, sure to be hot,—a great consideration as regards this dish.

Terrapin Brown Stew.

Use two large terrapins, a generous half-cupful of butter, one pint of the water in which the terrapins were boiled, two heaping table-spoonfuls of flour, half a pint of wine, two teaspoonfuls of salt, one-eighth of a teaspoonful each of cayenne, white pepper, ground mace, and allspice, half a lemon, sliced thin.

Put the terrapin water and meat of the terrapins on to boil. Put the butter in a saucepan, and heat it until it begins to turn brown; then add the flour, and stir the mixture until it becomes dark brown. Take it from the fire, and when it has cooled a little, pour on it gradually the water from the terrapins. Stir the liquid over the fire until perfectly smooth; then pour it over the terrapins. Add the salt and pepper, and simmer for ten minutes. Now add the spice, lemon, and wine. Let the stew get very hot, without boiling; then serve without delay.

Terrapin au Gratin.

Take two terrapins, half a cupful of butter, two table-spoonfuls of flour, three eggs, two teaspoonfuls of salt, half a pint of the water in which the terrapins were cooked, one-fourth of a teaspoonful of white pepper, one-tenth of a teaspoonful each of cayenne, mace, and all-spice, one cupful of grated bread crumbs.

Put the butter on the stove in a stew-pan, and when it becomes hot, add the flour. Stir the mixture until it is smooth and of a light brown color; then add the water and the terrapin and seasoning. Simmer for a quarter of an hour.

Beat the eggs well, and add a table-spoonful of cold water to them. Draw the stew-pan back to a cool place, and stir the eggs into its contents. Have the upper shells of the terrapins carefully cleaned, and pour the mixture into them. Sprinkle with bread crumbs, and place in a hot oven to brown. The crumbs should acquire a rich color in about ten minutes.

VARIOUS MODES OF COOKING MEAT.

Were it possible to teach every housekeeper how to boil, roast, and broil meat properly, one might be satisfied that a most successful life-work had been accomplished. In ninety out of a hundred households, grades of meat, from the choicest to the coarsest pieces, are ruined every day in the week. About half the housekeepers are conscious of this, and it frets them from day to day, but not enough to rouse them to take steps toward changing the condition of things. The other half know no better, and go on from year to year giving their families meat cooked in such a manner that it is neither nutritious nor digestible. Most wives and mothers are anxious to do that which is best for their families. If they could be brought to see the waste of material and — what is more important — the impairment of health, and consequent loss of happiness, which improperly cooked food causes, they would make constant efforts to bring about a better state of things. A little thought and study would show where the fault lies, and also what the remedy is. A few general principles cover the whole subject of boiling, roasting, and broiling. Once understanding these, a housekeeper can apply them to the cooking of all kinds of meat.

There are three things to keep in mind when cooking a piece of meat. It should be so cooked that it will be juicy, well-flavored, and as tender as possible. Now, when albumen and fibrine are exposed to a temperature much higher than the boiling-point, they become hard and indigestible, — as, for example, if we put an egg into boiling water and continue the boiling for four or five minutes, we shall find that the white has become hard, unyielding, and indigestible; but if we put the egg into boiling water, and let it stand in a warm place for ten or more minutes, we shall find that the white is soft and creamy, and therefore digestible. If we should let the egg stand in water just below the boiling-point for an hour or more, we should find that the white would yield under a slight pressure, and still be soft and digestible.

The white of the egg, being pure albumen, hardens when exposed to a temperature above the boiling-point, but remains soft when kept just below this temperature. Meat is largely made up of albumen and fibrine. Heat, when as great as that of boiling water, hardens and shrinks fibrine; but if the heat be less than boiling, and be continued with moisture for a long time, it will soften the toughest piece of meat.

Now, understanding these principles, there need be no mistake in cooking meat: First, heat, when greater than the boiling-point in water, hardens and shrinks meat; but when meat is kept at the boiling-point for a long time, it is made tender, provided always that there is plenty of moisture. Second, meat, when to be roasted or boiled, must be exposed for the first fifteen or twenty minutes to a greater heat than the boiling-point, that the surface may become hardened and a crust be formed to keep in the juices. Third, the heat must not be lower than the boiling-point while the meat is cooking, that temperature being necessary for the development of the proper flavor.

From this we see that the meat must first be subjected to a high temperature to close the pores on the surface, and as soon as this is accomplished the temperature must be lowered to the boiling-point (212°), and kept at that degree until the cooking is done.

BOILING.

For all meats except ham, corned beef, and salt tongue, the water should be boiling when the meat is put in, and when the water begins to boil again (it will be cooled somewhat when the meat is put in), skim it, and keep it at the boiling-point for fifteen or twenty minutes. At the end of that time draw the kettle back where there is only enough heat to keep the water at the boiling-point. If the water bubbles a little, it is about right for cooking meat. A leg of mutton weighing ten or twelve pounds will be cooked moderately rare in two hours. A turkey of about the same weight will require cooking for three hours and a half, unless it happens to be very tough, when it will require an hour longer to make it tender.

A piece of corned beef will take five hours to cook, no matter how small the piece may be. If it should weigh more than eight pounds, give it an extra hour. It will be improved by letting it partially cool in the water in which it was boiled. This is true of all boiled meats that are to be used cold. Ham and smoked tongue should be soaked in cold water for twelve hours, and should then be boiled from five to six hours. Fowls take from two to four hours to cook.

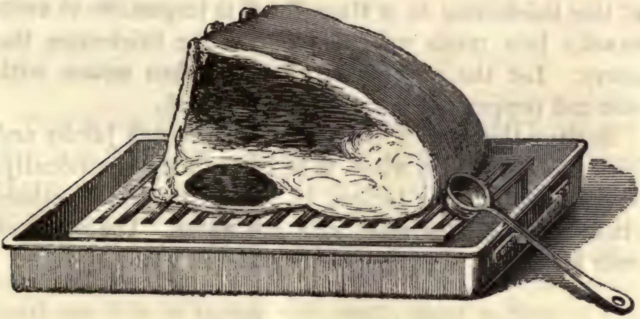
If these directions be followed, every piece of boiled meat that comes to the table will be found tender and juicy. It will cut smooth; whereas meat that has been boiled rapidly will break into long shreds when you attempt to cut it, and will be found hard and flavorless. We are all too well acquainted with this kind of boiled and roasted meats. It is time that such waste of good materials should cease.

ROASTING.

There are three modes of roasting, — before the fire, in a tin-kitchen; under a sheet of flame, in a gas-stove; or in the oven of an ordinary stove or range. The last-named mode is inferior to either of the others; still, as the oven is always available, while the first two modes may not be, the greater part of the roasting of meat is done in a close oven. Some ovens are so arranged that the side next the fire can be opened, thus exposing the meat to the clear coals; others are so constructed that there is a constant circulation of fresh air through them, giving one of the elements which we get by roasting with an open fire or with gas.

General Rules.

No matter how the roasting is done, a few things must always be borne in mind. The heat should be great at first, so that the surface of the meat shall be hardened, to retain the juices; but it should afterward be decreased, so that the meat shall cook more slowly and evenly. The meat should be raised at least two inches from the bottom of the baking-pan. There are racks made expressly for keeping it at the proper height.



Beef in Baking-pan.

Wipe the meat with a damp towel, and then dredge it lightly with salt, pepper, and flour. After sprinkling a quantity of salt and flour on the bottom of the pan, put the meat into the oven. Watch carefully, and when the dry flour in the pan turns a dark brown, put in just enough water to cover the bottom of the pan. After the meat has become browned it should be basted every quarter of an hour with the gravy in the pan and then with salt and flour. Always use considerable gravy, and dredge only lightly with salt and flour. The water in the pan should be renewed frequently. Let the water cook away in the last half-hour, so that there shall be only fat and sediment in the bottom of the pan when the meat is done. When it is done, lay it on a warm platter.

After lifting the rack from the pan, pour off the fat, and scrape the sediment from the sides and bottom of the pan. Place on the stove in the same pan, adding a cupful of hot water; and when it has boiled up once, stir in a thickening consisting of a teaspoonful of flour and three table-spoonfuls of water. Pour in only a little of this thickening at a time, for it is impossible to state exactly how much will be required for thickening the gravy. Let the gravy boil up once; then season with salt and pepper, and strain into a hot dish.

Basting the meat faithfully makes it much juicier and better flavored than when it is basted only occasionally. Many cooks do not believe in basting at all, and others simply moisten the meat with hot water. The result of such treatment is not perfectly satisfactory.

Time of Cooking.

The time of cooking depends as much upon the shape of the piece of meat as upon the weight.

Of beef, a rib or loin roast weighing about eight pounds will require an hour's cooking if it be wished very rare, and an hour and a half, if you wish it to be a dark red all through. A roast cut from the round or the rump of beef will take half an hour longer than that cut from the loin or ribs.

A leg of mutton weighing ten or twelve pounds will require an hour and a half; a loin or rack, an hour and a quarter; a saddle, ten or fifteen minutes longer. Allow ten minutes for every additional pound over eight or ten.

Lamb must be cooked more than mutton. A leg weighing six or eight pounds should be cooked for an hour and a half. If the loin chops be left on, allow ten minutes longer. The fore-quarter should be roasted for an hour and twenty minutes.

Veal and pork must be thoroughly cooked. A loin of veal should be roasted for two hours and three-quarters, and a loin of pork, three hours. A leg or shoulder of pork, which is sometimes roasted, requires five hours' slow cooking. Many persons like a slight flavor of sage with roast pork. In that case sift a teaspoonful of the powdered herb over a piece of meat weighing six pounds, when it is prepared for the oven.

BROILING.

This is one of the simplest forms of cookery, yet seldom is it well done. A steak or chop, properly broiled, should have a thin, well-browned crust. Beyond this crust the meat should be red and juicy, hardly a shade rarer at the centre than near the surface. The common mode of cooking a steak is to keep it over the coals until one side is rather well done; then to turn it and treat the other side in the same manner. The steak, when cut into, will, if thick, be found well done about one-third through on each side and almost raw in the centre.

Clear Coals Needed for Broiling.

To broil properly there must be a bed of clear coals. The meat must be placed in a double-broiler, and be held near the clear coals for about one minute, then be turned, and cooked on the other side. Continue this until the meat is well seared on both sides. It will take about four minutes' cooking. Now lift the broiler a few inches away from the great heat. Keep turning the broiler constantly until the meat is cooked.

Time of Cooking Meats.

A beefsteak cut an inch thick will be cooked rare in ten minutes. A mutton-chop cut three-fourths of an inch thick will cook in eight minutes.

A chop or steak will be much richer flavored if it be sprinkled with salt, pepper, and flour before cooking.

Always serve a steak or chop as soon as it is cooked. Never put it in the oven or any other warm place to melt the butter. The dish on which the broiled meat is placed should be warm. The butter should be spread over the hot meat, and not be melted in the dish. The practice of melting butter either before or after it is put on the steak, except as the heat of the meat melts it, cannot be too strongly condemned.

Veal and pork must be broiled slowly and for a long time. There should not be a trace of pink in the fibres when the meat is done. The chops should not be cut more than half an inch thick. They will be well done with twelve minutes' cooking.

A chicken weighing three pounds will require slow broiling for half an hour. It is a good plan to broil chickens over a bright fire until they are a rich brown on both sides, and then to put them in a shallow pan and into a moderate oven for twenty minutes. Care must be taken not to scorch the skin.

FRYING.

Since many people fry much of their food, information as to the best method of frying seems desirable. The first thing to be considered is the fat. If expense did not stand in the way, olive oil would be the best liquid to use. Any pure, clear fat that is free of strong odor will answer. Many folk use mutton and ham fat, and say that they do not find the flavor of the meat in the articles fried; but others would discover the taste at once and be disappointed.

But the housekeeper will select the fat she will use according to her taste and means; and attention may as well be turned now to the conditions which will insure satisfactory and comparatively wholesome fried food. In the first place, the fat must be perfectly clarified. Even the purest and sweetest butter must go through this process before being used for frying. Oil and lard, when pure, already are clarified. When the fat to be clarified is that which has been skimmed from gravies, soups, or the water in which corned beef has been boiled, it will contain water and other impurities. While there is water in fat the latter cannot be heated to a temperature suitable for frying purposes; and if there be other foreign substances present, such as particles of meat, gravy flour, or starch, they will burn at as high a temperature as 345°, blackening the fat and making it unfit for frying articles of food.

Processes of Clarifying.

As soon as the fat is skimmed it should be clarified, as the water and other objectionable particles contained in it will cause it to become rancid if it stands a long time. Put it on the stove, in a frying-pan, and heat it slowly. When it becomes melted, set it where it will simply bubble, and keep it there (being careful not to let it burn) until there is no motion and all the sediment has fallen to the bottom of the pan. When this stage is reached the fat is clarified.

Sometimes fat that has been used several times for frying, and has not been strained, will become dark and unfit for use. This may be put into a kettle with about six times as much hot water, boiled for twenty minutes, turned into a large pan, and set in a cold place. When the contents of the pan become cold, the fat will be found in the form of a solid cake on the surface of the water. It must be removed, and clarified in the manner already described.

Then there is another kind of fat which is used a great deal, — the pieces taken from beef, chicken, veal, etc. These should be cut fine, placed in a frying-pan, and cooked slowly until all the oily particles are extracted. Strain the liquid, and it will be ready for use.

To clarify butter, put it in a stew-pan and set it on the back part of the range, where it will heat slowly. When a clear, oily substance is found on top, and a cloudy sediment at the bottom of the pan, lift the pan gently and pour off the clear substance, which will be the clarified butter.

How to Use Fat.

Having the fat in the proper condition for use, the next question is, how to use it. Articles of food are fried in fat that has been heated to a temperature varying from 345° to 400° Fahrenheit. Most mixtures composed in part of flour, sugar, milk, or eggs — like fritter batters, doughnuts, etc. — may be cooked at 350°; whereas such articles as oysters, white-bait, croquettes, etc., require a heat of at least 400°.

Put the fat into a deep kettle (that called a Scotch kettle being best), and heat it slowly. When the time for frying the food is near at hand, set the kettle on the hottest part of the range, and watch to see the blue smoke rise from the centre of the surface of the liquid. The smoke indicates the temperature to be about 350°. Drop a piece of stale bread into the fat; and if one minute be required to brown it, the fat may be used at once for frying muffins, doughnuts, fritters, breaded chops, and, indeed, nearly all articles that require three or four minutes' cooking.

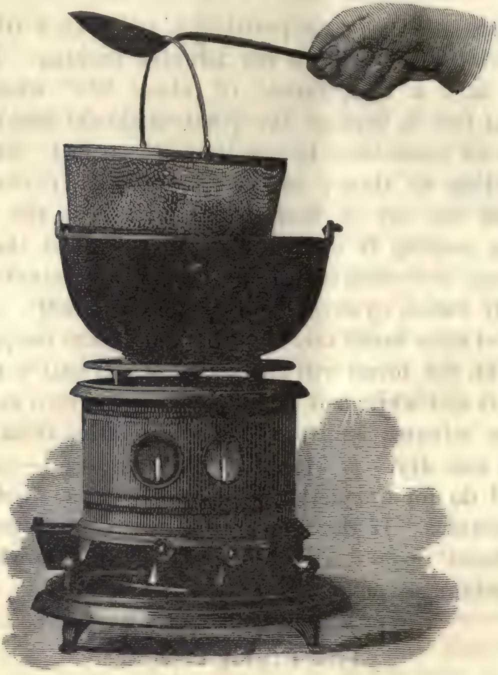
Time of Cooking Various Articles.

Potatoes cooked à la parisienne, and French fried and thin fried potatoes need ten minutes' cooking. The fat must have a temperature of about 370° when they are put into it, because the potatoes should stand in ice water for some time before they are cooked. Moisture will cling to them; and this, with their chilliness, reduces the fat at least 20° as soon as the frying begins, making it then 350°. At this heat the potatoes may be cooked brown and crisp in ten minutes. As already stated, oysters require a heat of 400°. Drop a piece of stale bread into the fat; and if the temperature be right, the bread will become brown in half a minute. Oysters and white-bait should be cooked brown and crisp in one minute; longer cooking will make them rather tough and dry. A little lower temperature — say 380° — will do for croquettes, which should be fried about two minutes. If the temperature be too low, croquettes will burst open during the cooking; particularly rice and potato croquettes.

The Frying-basket.

An invention that is growing fast in favor is the frying-basket. This is made of fine wire. After the articles to be fried have been put into it, it should be lowered into the fat; gently, because the particles of moisture which cling to the food are instantly converted into steam, and this would expand beneath the surface and force some of the fat from the kettle if the basket were lowered quickly. The operation may be performed safely by hanging the basket on a long spoon or fork, and then letting it settle gently in the fat. Do not crowd into the basket the articles that are to be fried.

When the food has been cooked as long as seems necessary, lift the basket with the spoon or fork, and after allowing the fat to drip from it, place it on a plate.



The Way to Lower the Frying-basket.

Remove the cooked articles, and lay them on brown paper that has been spread on a warm pan. If properly cooked, they will hardly stain the paper.

How to Keep Fat.

When the frying has been finished, take the fat from the fire and let it cool slightly. Next place a piece of cheese cloth in a colander or strainer, and after setting this over a jar or pail, strain the fat through the cloth.

This straining never should be omitted; for, with good care, the same fat may be used several times, unless doughnuts have been cooked in it.

What is Meant by "Hot" Fat.

It is a pity that the inexperienced cannot be told in a word just what is meant by "hot" fat. The word "boiling" is misleading; many people would wait, if that were used, to see the liquid in motion, as water is when hot. Now, when fat contains no foreign substances, and the temperature does not rise above 400°, there is no motion at all. One must always wait until the smoke rises from the centre of the fat before beginning to do any frying; and then, after applying the bread test (see page 240), there can be no difficulty in determining the proper degrees of heat for the various articles to be fried.

BRAISING.

This mode of cooking is particularly adapted to pieces of meat that are lacking in flavor or are tough. Braising is a combination of stewing and baking. In the days when ovens were not common the cooking was done by placing the braising-pan on a warm plate and heaping coals on the cover. This is the manner in which it is still done in all small establishments in France. Braising in the oven is much easier, and the result is the same. A deep pan, with a close-fitting cover, will answer for this purpose; but both pan and cover must be made without solder.

It is usual, in braising, to use vegetables and herbs for seasoning the meat and gravy; but if these flavors be not liked they may be omitted.

* To Braise Five Pounds of Meat.

Spread in the braising-pan one-quarter of a pound of salt pork, cut in slices. Over this spread one gill each of chopped onion, carrot, turnip, and celery. Lay the meat on this bed, and dredge well with salt, pepper, and flour. Cover, and put in a moderately hot oven for half an hour. At the end of that time add one pint and a half of stock or water. Baste the meat with some of this liquid, and dredge with salt, pepper, and flour. Cook for four hours and a half, basting every fifteen minutes. At the end of two hours add another pint of stock or water; also mix half a cupful of cold water with two table-spoonfuls of corn-starch, and stir this mixture into the gravy. Cook the meat for the last half-hour without a cover, as it should be a delicate brown. When done, place it on a warm dish. Taste the gravy, to see if more salt or pepper is required. Strain the gravy, and pour a part of it over the meat. Send the remainder to the table in a separate dish.

These directions cover the method of braising all kinds of meat. The seasoning may be changed to suit individual or family taste. Veal and liver are improved by the addition of lemon juice to the gravy.

Dry meats are better for being larded on one side. If one object to pork, four table-spoonfuls of butter or drippings may be substituted for it.

If the flavor of herbs be liked, a bouquet of sweet herbs may be added to the gravy the last hour of cooking.

The time of cooking is the same for large or small pieces of meat. The success of a braised dish depends upon slow cooking. If the gravy be allowed to bubble, the meat will not be cooked to perfection. It is a good plan to have a grate or iron ring under the braising-pan.

* Beef Stew.

For this stew use two pounds of the tough parts of cold roast beef or beefsteak, about two ounces of the fat meat, six potatoes, one onion, two slices each of turnip and carrot, two table-spoonfuls of flour, about three teaspoonfuls of salt, a level teaspoonful of pepper, and one quart of boiling water.

Cut the fat into bits, and put it in a frying-pan and on the fire. Cook slowly until there is only about two table-spoonfuls of liquid fat. Now take the fibrous pieces of fat from the pan, and add to the liquid fat the onion, carrot, and turnip, all cut fine. Cook slowly for ten minutes; then add the flour, stirring until it is brown. Gradually add the water, stirring all the while, and simmer for five minutes.

Cut the beef into small cubes, and put it into a large stew-pan. Pour the contents of the frying-pan over the meat. Add the salt and pepper. Place where the stew will simmer for two hours. At the end of that time add the six potatoes, pared and sliced. Draw the saucepan forward where the contents will cook a little more rapidly. Stir frequently. Taste to see if the stew requires more salt and pepper. At the end of fifteen minutes add some dumplings. Cover the stew-pan, and cook for exactly ten minutes, counting from the time the cover is placed on the pan. Take up the dumplings; then turn the stew out on a warm platter. Garnish with the dumplings and bits of parsley.

Two pounds of the round of beef may be substituted for the cold roast beef.

* Pot Roast.

A tough piece of meat can be made very savory and tender by this mode of cooking. With a piece weighing between six and seven pounds use the following-named ingredients: three heaping teaspoonfuls of salt, half a teaspoonful of pepper, two cloves, three table-spoonfuls of flour, and one quart of water.

Wipe the meat with a damp cloth, and put it into an iron pot. Sprinkle with salt and pepper. Put over the fire and brown slowly, turning frequently. It will take about half an hour for this cooking. When the meat has been browned sufficiently, put half a pint of boiling water into the pot, and cover closely. Set the pot where its contents will simmer for four hours. As the water steams away, add a little more boiling water, — about half a pint at a time. At the end of the four hours mix the flour with half a pint of cold water. Take up the meat, and skim the fat from the gravy in the pot. Turn the flour and water into the gravy, and, placing the pot in a hot place, stir the gravy until it boils. Cook for five minutes. After satisfying yourself that the gravy is seasoned to your taste, pour a small quantity over the meat and serve the remainder in a dish.

Either boiled rice or potatoes should accompany the roast, besides any other vegetables you choose.

* Savory Beef.

For this dish use four pounds of the round of beef, one table-spoonful of sugar, three table-spoonfuls of flour, two of butter, one table-spoonful and a half of salt, half a teaspoonful of pepper, one-third of a teaspoonful of cloves, one teaspoonful of cinnamon, one gill of vinegar, half an onion, one slice of carrot, two bay leaves, and one quart of water.

Wipe the meat, and rub into it the salt, pepper, sugar, and spice. Cut the onion into bits, and put half of it and one bay leaf into the bottom of an earthen dish. Next place the meat in the dish, and sprinkle the remainder of the vegetables over it. Pour the vinegar over the meat, and after laying the second bay leaf on top, cover the dish closely and put it away in a cool place. It should stand for forty-eight hours. In cold weather it is a good plan to extend the time to three or four days.

When ready to cook the meat, take it from the dish and wipe it with a dry cloth. Put two table-spoonfuls of butter in an iron pot, and place over the fire. When it becomes hot, put in the meat. Cook until brown on one side, and then turn and brown on the other; after which move the pot back where its contents will cook slowly.

Mix the flour with one gill of cold water, and stir it into a quart of boiling water, minus a gill. Let the mixture boil for ten minutes; then pour it over the beef. Cover the pot closely, and set it where its contents will simmer for five hours. The gravy must never more than bubble. At the end of the five hours taste the gravy, to ascertain whether there is enough seasoning. Serve the meat on a warm dish with a little of the gravy poured over it, and send the rest to the table in a separate dish. This meat is nice either hot or cold.

* Rolled Flank of Beef, — Cold.

Use three or four pounds of the thinnest part of the flank. With a sharp knife remove the thin, dry skin which will be found on one side of the flank. Wipe the meat, and spread it on a board. If one part be very much thicker than another, cut a thin slice from the thick part and lay it on the thin. Sprinkle one table-spoonful of salt and one teaspoonful of pepper over the meat.

Make a dressing with one pint of cracker crumbs, a generous half-pint of cold water, three table-spoonfuls of butter, one teaspoonful of salt, one-third of a teaspoonful of pepper, half a teaspoonful of powdered thyme, half a teaspoonful of summer savory, and one egg. Mix all the ingredients except the egg, and let them stand for ten minutes. Now add the egg, well beaten. Spread this dressing on the meat. Now roll the meat firmly, and tie rather loosely with twine. Pin it carefully in a piece of cloth, and after placing it in a stew-pan and covering it with boiling water, simmer it for five hours. At the end of that time take it from the fire, but let it stand in the hot water for half an hour. On taking it from the water, remove the cloth, but do not take off the strings. Place on a flat dish, putting upon it a pan containing two bricks. Let the meat cool under this pressure, and when it is cold, cut it in thin slices.

The water in which the flank was boiled may be used as the foundation for a tomato or vegetable soup.

* Rolled Flank of Beef, — Hot.

Prepare and simmer the flank as directed for a cold flank. When it has been cooking for four hours, put in a stew-pan three table-spoonfuls of drippings or butter, four table-spoonfuls of chopped onion, two each of chopped carrot, turnip, and celery, and one sprig of parsley. Cook slowly for half an hour. At the end of that time add three table-spoonfuls of flour, and stir over a hotter part of the fire until the mixture begins to brown. Gradually add one generous pint of the water in which the flank is cooking. Add, also, one teaspoonful of salt and a little pepper. Simmer for twenty minutes. Strain, and skim off any fat there may be on the sauce.

Remove the cloth and string, and place the meat on a warm dish. Pour the sauce over it, and serve.

This dish may be garnished with little mounds of cooked turnip, carrot, potato, or any other vegetable that is in season; or the rolled flank may be served with tomato sauce.

* Hamburg Steaks.

Have the butcher chop two pounds of the round of beef very fine. Season it with half a teaspoonful of pepper, two teaspoonfuls of salt, and one of onion juice, and after shaping into thin cakes, place in a broiler that has been buttered slightly, and broil over a clear fire for eight minutes. Serve on a hot dish.

Or, put four slices of fat salt pork into a frying-pan, and when they have become crisp and brown, remove them, and put the steaks into the fat. Fry for eight minutes, and when they are cooked put them on a warm platter. Into the fat remaining in the pan put a table-spoonful of flour, and stir until brown; then gradually add a cupful of water, and after seasoning with salt and pepper, boil for three minutes. Pour this gravy around the steaks, and serve immediately.

* Savory Beef Collops.

Use one table-spoonful of flour, one of butter, one teaspoonful of chopped onion, one of chopped parsley, one of salt, one-fourth of a teaspoonful of pepper, and one pound of lean uncooked beef, chopped rather fine, — it may be cut from the round, flank, or shoulder, and the butcher probably will be willing to chop it for you.

Mix the meat, salt, pepper, flour, and chopped parsley. Put the butter and onion in a frying-pan, and cook until the onion turns a delicate brown; then add the meat and seasoning. Cook for five minutes, stirring all the while with a fork, and separating the bits of meat during the stirring. Serve very hot. This dish is nice for breakfast, luncheon, or supper.

* Fricandelles.

For this dish there will be required one pound of fine-chopped raw beef (that from the round is best), one cupful of dry bread crumbs and half a cupful of fresh ones, half a cupful of meat stock or milk, a teaspoonful of onion juice, a heaping teaspoonful of salt, a table-spoonful of butter, one-eighth of a teaspoonful of cayenne, and one-eighth of a pound of fat salt pork.

Soak the fresh bread in the stock or milk for two hours; then mash it fine, and add it, together with the seasoning, to the chopped beef. Melt the butter, and add that also. Form the mixture into eight small cakes, and roll these in the dried crumbs.

Cut the salt pork into thin slices, and fry until crisp; then remove it, and put the fricandelles into the boiling fat. Brown quickly on both sides, and serve immediately on a hot dish, using the slices of pork for garnishing. Cold roast beef will answer for fricandelles, but it is not so nice as raw meat.

* Shaved Frozen Beef.

This affords a pleasant change in winter. It is a dish that can be served only in freezing weather.

Get a slice of round steak, cut thin. Roll it up tight, and tie it in this position. Pin a thin napkin or piece of cloth over this roll, and hang up where the meat will freeze solid. When ready to cook the meat, shave off thin slices, and season them with salt and pepper. Put some butter on the fire in the frying-pan, and when it gets hot put in the shaved beef. Cook for four minutes, stirring all the time with a fork. Turn into a hot dish, and serve at once.

For one pound of meat use a large table-spoonful of butter, a teaspoonful of salt, and one-fifth of a teaspoonful of pepper. This is a good dish for breakfast, tea, or luncheon.

* Beef Sausages.

Use three pounds of raw round of beef, one pound of beef suet, one pint of cold water, a table-spoonful and a half of salt, one-fifth of a teaspoonful of cayenne, half a teaspoonful of white pepper, and one generous teaspoonful of sage.

Chop the beef and suet very fine. Add the seasoning and the water, and mix thoroughly. Make into small cakes, and dredge these with flour. Fry for six minutes, and serve very hot.

* Macaroni-and-Meat Pie.

A quarter of a pound of macaroni will be needed for this dish, as well as a quart of any kind of cold meat, a table-spoonful of flour, two of butter, a cupful of bread crumbs, and salt and pepper for seasoning to suit the taste.

Boil the macaroni rapidly for twenty minutes in two quarts of water. Rub the butter and flour together, and gradually add to this paste one generous pint of the water in which the macaroni was boiled. Season well with salt and pepper. Put a layer of the macaroni into an escalop dish, and season well. Cover with a part of the sauce made of the butter, flour, and water, and then add a layer of meat, well seasoned. Continue putting in these alternate layers — macaroni, sauce, meat, and sauce — until all the materials have been used. Cover the last layer with the bread crumbs, and bake slowly for half an hour. For the quantities of materials named, the amount of seasoning required is about three teaspoonfuls of salt and half a teaspoonful of pepper.

* Beefsteak Pie.

The materials used are as follows: a quart of pieces of cold steak, a gill of milk, a pint of water, half a dozen potatoes, a slice of onion, two table-spoonfuls of butter, one table-spoonful of flour, and salt and pepper in quantities to suit the taste.

Peel the potatoes, and put them on to cook for half an hour in boiling water, enough to cover. While they are boiling, cut the meat into inch cubes. Put the butter and onion into a frying-pan, and cook until the onion turns a straw color; then add the flour, and stir it until it gets brown. Gradually add the water, and stir until it boils. Season with salt and pepper. Season the meat, also, and put it into the stew-pan. Simmer for ten minutes, and then turn into a deep escalop dish, leaving at least an inch of space at the top for the potatoes. When the potatoes have cooked for half an hour, pour all the water away from them, and mash them until fine and light. Heat the gill of milk, and add it to the potato; and add also enough salt and pepper to give the mixture a seasoning to your acceptance. Spread the potato in the escalop dish, and cook in a hot oven for a quarter of an hour. In that time the potato should turn a delicate brown. Serve as soon as taken from the oven.

Any kind of cold roast meat or fish may be treated in the same way as beefsteak.

* Shepherd's Pie.

Cut up enough cold roast beef to make a quart of small, thin slices. Season the meat with salt and pepper, and after putting it into a deep earthen dish, pour over it a sauce made as follows: —

Put two table-spoonfuls of butter into a frying-pan, and when it has become hot, add two scant table-spoonfuls of flour. Stir until this is dark brown, and then add a pint of water. Season with salt and pepper, and boil for three minutes.

Pare, boil, and mash eight good-sized potatoes; then add to them a cupful of boiling milk, a table-spoonful of butter, and salt and pepper to suit the taste. Spread this preparation over the meat and sauce, beginning at the sides of the dish and working toward the centre. Bake for thirty minutes.

Other meats besides roast beef may be used in a shepherd's pie.

* Beef Pastie.

Use for this savory luncheon dish two pounds of the round or flank of beef, enough raw potatoes to make when pared two quarts of small cubes; three teaspoonfuls and a half of salt, half a teaspoonful of pepper, two table-spoonfuls of chopped onion, one generous pint of water, three-fourths of a cupful of milk, one generous pint of unsifted flour, two level teaspoonfuls of baking-powder, and one table-spoonful of butter.

Cut the meat into cubes, and put it, together with the potatoes, onion, two table-spoonfuls of flour, the pepper, and two teaspoonfuls and a half of salt, into a large earthen dish that will hold a little more than three quarts. Mix thoroughly, and then add the water. Cover the dish with a large plate, or anything else that will prevent the escape of steam, and set it in a very moderate oven for one hour. At the end of that time mix the remaining flour, the baking-powder, and a scant teaspoonful of salt, and rub the mixture through a sieve. Rub the butter into the mixture with the hands; then add the milk, and mix quickly with a spoon. Sprinkle the moulding-board with flour, and roll the dough on it until it is the size of the dish in which the mixture is baking. Remove the dish from the oven, and after taking off the cover, cover the dish with the paste. Return to the oven, and cook for a quarter of an hour; then put the dish-cover over the paste, and cook fifteen minutes longer. Serve the pastie in the dish in which it is prepared. There will be enough for six or eight persons. It is well to pin a napkin around the dish.

* Timbale of Cold Meat.

For six persons, use one pint and a half of cold meat, free of fat and gristle and chopped fine, one level table-spoonful of salt, half a teaspoonful of pepper, half a teaspoonful of onion juice, one teaspoonful of chopped parsley, one cupful of stock or milk, two eggs, two table-spoonfuls of butter, and half a cupful of grated bread crumbs.

Mix the seasoning and bread crumbs with the meat. Heat the stock, and melt the butter in it; then add the stock and the two eggs, well beaten, to the meat. Mix thoroughly, and put into a well-buttered mould or bowl. Place this in a pan of warm water, and cover with a piece of buttered paper. Cook for an hour in a moderate oven; and after turning out on a warm dish, pour brown sauce around it.

Brown Sauce. — Heat three table-spoonfuls of butter in a frying-pan, and when it begins to turn brown, add two table-spoonfuls of flour. Stir the mixture until it becomes dark brown; then draw the pan back to a cooler place, and gradually pour into it one cupful and a half of stock. If it be inconvenient to use stock, take instead the same quantity of milk. Stir the sauce until it boils; then let it simmer for three minutes. Season with half a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and one table-spoonful of tomato catsup.

* Simple Curry of Beef.

Free the meat of skin, fat, and bone, and, cutting it into rather small pieces, season it with salt and pepper. For a quart of meat allow a sauce made as follows, increasing the quantities of the ingredients in the proper proportion if there be more than a quart: —

Put three table-spoonfuls of butter into a frying-pan with half an onion, cut fine. Cook slowly for eight minutes; then add two table-spoonfuls of flour and one teaspoonful of curry-powder. Stir until perfectly smooth and brown. If you have it, add a pint of stock; if not, add that quantity of water. Stir until it boils, and season with salt and pepper.

Strain this sauce upon the meat, and cook from twelve to fifteen minutes. Pour into the centre of a border of plain boiled rice.

* Fricassee of Cold Roast Beef.

The materials required are a quart of cold roast beef, cut in thin slices and almost free of fat, three gills of stock, or the water in which the bones of the beef have been boiled, three table-spoonfuls of butter, three scant table-spoonfuls of flour, two generous teaspoonfuls of salt, half a teaspoonful of pepper, one table-spoonful of chopped onion, and half a cupful of strained tomato.

Put the butter and onion in a large frying-pan, and cook slowly for ten minutes; then draw the pan forward and add the flour, stirring all the while, and until the mixture becomes dark brown. Gradually add the stock. Stir for one minute; then let the sauce simmer for five minutes.

Sprinkle the meat with the salt and pepper, and put it in a stew-pan. Add the strained tomato, and then strain the sauce over the meat. Cover the saucepan, and cook for five or six minutes. Serve at once. It will not spoil the dish to omit the onion.

* Savory Beef Collops.

Use a quart of cold roast beef, chopped very fine; two table-spoonfuls of flour, four of butter, one teaspoonful of chopped onion, half a teaspoonful of chopped parsley, two teaspoonfuls of salt, one-fourth of a teaspoonful of pepper, and half a pint of stock made of the bones and hard bits of the roast beef.

Put the butter on the stove in a frying-pan, and when it gets hot, add the onion and parsley. Cook the onion until it turns a light brown; then add the flour, and stir the liquid until it becomes smooth. Next add the stock, and cook for two minutes; then add the meat, salt, and pepper, and stir the mixture thoroughly. Cover the pan, and set it back where its contents will cook slowly for twenty minutes. Turn out on a hot dish, and garnish with small slices of toast or a few bits of parsley.

Cold steak or raw beef, chopped fine, may be used for collops. When, however, uncooked beef is taken, the cooking should be continued only five minutes after the meat is put with the sauce.

* Hashed Beef on Toast.

Chop pieces of cold roast beef rather fine, and season well with salt and pepper. To each pint of meat add a level table-spoonful of flour. Stir well, and add a small teacupful of soup stock or water. Put the mixture into a small stew-pan, and after covering, simmer gently for twenty minutes. Meanwhile toast six slices of bread nicely, and at the end of the twenty minutes spread the beef upon them. Serve immediately on a hot dish.

If water be used instead of soup stock, add a table-spoonful of butter just before spreading the beef on the toast. Any kind of cold meat may be served in this manner.

* Frizzled Beef.

With a very sharp knife, cut about one-third of a pound of dried beef into slices as thin as shavings. Beat together six eggs and a quarter of a cupful of milk, and season slightly with salt and pepper. Put two table-spoonfuls of butter into a frying-pan, and when it has become melted, put in the shaved beef. Stir over a hot fire until the meat begins to curl; then draw the pan back where there is less heat, and add the mixture of eggs and milk. Stir until the egg begins to thicken; then pour into a warm dish, and serve at once.

* Creamed Beef.

Shave half a pound of dried beef into thin slices. Put three table-spoonfuls of butter into a frying-pan, and as soon as it is melted, add the meat. Stir until the slices begin to curl; then add a cupful of milk, and when the milk boils, stir in a teaspoonful of flour, mixed smooth with three table-spoonfuls of milk. Season with pepper. Boil up once, and serve.

*Braised Shoulder of Veal.

When ordering eight pounds of the shoulder, direct the butcher to remove the bones, but to send them with the veal. There will also be needed a quarter of a pound of salt pork, a pint of cracker crumbs, three table-spoonfuls of butter, six table-spoonfuls of flour, a teaspoonful of chopped onion, half a teaspoonful of thyme, half a teaspoonful of summer savory, some cold water, salt, and pepper, and three leaves of celery, if they may be obtained.

Put the bones into a stew-pan containing three pints of cold water, and cook gently for an hour. Cut the pork into thin slices, and fry it slowly in a large frying-pan during the same period. Mix the butter, herbs, a teaspoonful of pepper, an even table-spoonful of salt, a cupful of cold water, and the pint of cracker crumbs. Spread the veal on a board, and, after sprinkling it lightly with pepper and generously with salt, spread over it the dressing which has just been made. Roll up the meat and tie it with soft twine, being careful not to draw the twine very tight. Dredge the roll with flour, covering it thickly. Remove the pork from the frying-pan, and set the pan where the fat which it contains will become very hot. Lay the veal in the fat, and brown it on all sides; then transfer it to a deep tin or granite-ware pan.

Cook the spoonful of chopped onion for one minute in the fat remaining in the frying-pan; then add whatever quantity of flour may have been left from the six spoonfuls provided for dredging the meat, and stir it until it turns brown. Gradually add the water in which the bones were simmered. Stir the mixture until it boils up; then season to your taste with salt and pepper, and pour it over the roll of veal. If there be any celery leaves, add them now. Cover the pan, place it in a moderate oven, and cook the meat for three hours, basting frequently. At serving-time place the veal on a warm dish, and, after removing the strings, strain the gravy over it.

Loin of Veal à la Jardinière.

This is an elegant dish, well worth the pains needed for its preparation. The articles required for making it are a loin of veal weighing about seven pounds, two ounces of salt pork, one pint each of turnips, carrots, and potatoes, cut into cubes, a pint of green peas, a small cauliflower, an onion, a bay leaf, a stalk of celery, a table-spoonful of lemon juice, two table-spoonfuls of corn-starch, four of butter, one of flour, and some salt and pepper for seasoning purposes.

With a sharp knife remove the backbone from the meat. This will separate the tenderloin and kidneys from the rest of the meat. Put them back; and after seasoning the meat well with salt and pepper, roll it up and fasten it with skewers. Butter two large sheets of fool's-cap paper, and cover the meat with them, tying them on with twine; then put the loin in a cool place until the time for cooking comes.

Next break up the bone taken from the meat. Cut the pork into thin slices, and, putting it into a frying-pan, cook it slowly for ten minutes; then add the onion, cut fine, and cook it until it has acquired a light brown color. Add the flour, and stir until it becomes dark brown. Gradually add three pints of cold water. Put the bones and herbs into a stew-pan, and pour the contents of the frying-pan over them. Cook gently for an hour.

Mix the corn-starch with half a cupful of cold water, and stir it into the boiling mixture in the stew-pan. Season well with salt and pepper, and add the lemon juice. Put the loin of veal into a deep, narrow pan, and strain over it half of the liquor from the stew-pan. Place the meat in a very moderate oven, and cook for three hours, basting every fifteen minutes with the gravy in the pan. When the meat has been cooking for an hour and a half, strain over it the gravy remaining in the stew-pan. At serving-time remove the sheets of paper from the loin, and withdraw the skewers. Place the meat on a warm dish, and pour four table-spoonfuls of gravy over it. Arrange the vegetables in little groups around the meat; serve the gravy in a separate dish.

If you do not like pork, use, instead, three table-spoonfuls of butter or oil when frying the onion for the gravy. Each vegetable should be cooked separately, and in boiling water in plenty. Cook the turnips and carrots for half an hour; the cauliflower, broken into flowerets, twenty minutes; the peas, from twenty to fifty minutes, being guided by their age; the potatoes, if cut into half-inch cubes, twelve minutes. Except in the case of the potatoes (which must be drained dry, and have only some salt added), pour almost all the water away from each vegetable, and add to each half a teaspoonful of sugar, half a teaspoonful of salt, and one teaspoonful of butter. Boil rapidly for a minute, shaking all the while, and then set back where they will keep hot until serving-time.

Not much more trouble is required for preparing this dish than for preparing the ordinary roast of veal, and the change is a pleasing one. These full directions make the process appear harder than it really is.

* Brown Fricassee of Veal.

Cut two pounds of veal into thin slices, and dredge with salt, pepper, and flour. Cut a quarter of a pound of salt pork into thin slices, and fry until crisp and brown, being careful not to burn. When the pork is done, take it up, and put the veal into the fat remaining in the pan. Fry the meat until it is well browned; then remove it from the pan, and put three table-spoonfuls of flour into the fat. Cook it until it has become rich brown, and gradually stir in a pint and a half of cold water. Season with salt and pepper, and after the sauce has boiled up once, put the veal into it, and simmer for a quarter of an hour.

This is a nice dish for luncheon, when served in a border of rice, hominy, mashed potatoes, or hot small cream-of-tartar biscuit.

* Blanquette of Veal.

Use three pounds of veal (taken from the shoulder or neck), two table-spoonfuls of chopped onion, four of butter, three of flour, a teaspoonful of chopped parsley, a quart of water, one-fourth of a teaspoonful of pepper, and a level table-spoonful of salt.

Cut the veal into pieces about two inches square, and roll these in the flour. Put the butter into a frying-pan, and as soon as it becomes hot, put in the veal. Cook the meat until it is a delicate brown on both sides; then remove it to a deep stew-pan. Put the onion into the butter remaining in the frying-pan, and stir for two minutes; then add the flour in which the meat was rolled, and stir until it turns brown. Gradually pour in the cold water, and when the gravy begins to boil, pour it over the veal. Add the salt and pepper, and then cover the stew-pan and set it where its contents will only simmer during the next two hours. At the end of that time add the parsley, and taste the blanquette, to be sure that there is enough seasoning. Serve with Turkish rice, plain rice, or, indeed, with any vegetable.

* Veal Pillau.

This is a savory and economical mode of preparing veal, three pounds cut from the neck and shoulder being used. The other materials needed are a cupful of rice, three table-spoonfuls of butter or a quarter of a pound of salt pork, an onion, three large teaspoonfuls of salt, half a teaspoonful of pepper, half a cupful of strained tomato, and four cupfuls of boiling water.

Cut the veal into small pieces, and season well with salt. Chop the onion fine, and put it into a stew-pan with the butter. Stir until the onion turns a light straw-color; then add the veal, and stir until that is browned a little, being careful not to burn the onion. Add the tomato and a cupful of the water, and simmer gently for an hour and a half. Now add the other three cupfuls of boiling water, the salt, pepper, and the rice, after washing the latter carefully in three waters. Heat the mixture to the boiling-point; then cover closely, and set back where it will cook slowly for an hour. The rice will absorb almost all the liquid and be tender, yet every grain should be distinct. Turn the pillau out upon a platter. and garnish with parsley.

* Curry of Veal.

First cut four pounds of veal into pieces about three inches square. Cut a quarter of a pound of fat salt pork into thin slices, and fry slowly in the soup-kettle. Add a large onion, cut fine, and as soon as it begins to turn a light straw-color, add the veal. Cover the kettle, and set it back where the dish will cook slowly for an hour. Give a stirring frequently, and at the end of the hour add a cupful of stewed tomato and a pint and a half of boiling water. Stir well, and place the kettle where the dish will cook slowly for another hour; then add a table-spoonful of curry-powder, mixed with one-third of a cupful of cold water. Season well with salt and pepper. Simmer half an hour longer, and serve on a flat dish, with a border of boiled rice.

Mutton, beef, and lamb may be prepared in the same manner.

* Minced Veal on Toast.

The bits of veal left from a dinner may be utilized the next morning. Chop them fine, and to each pint put a table-spoonful of flour, a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. After mixing well, add half a cupful of stock or water. Simmer for fifteen minutes; then, after stirring in a table-spoonful of butter, spread the hash on slices of toast. Serve very hot. Thin slices of lemon laid around the toast increase its attractiveness considerably.

Terrapin Veal.

The list of materials is long, yet the dish is worth it: two pounds of veal cut from the leg, six hard-boiled eggs, half a pint of cream, half a pint of stock or water, two large table-spoonfuls of butter, one large table-spoonful of flour, half a table-spoonful of chopped onion, a table-spoonful of mushroom ketchup, a piece of cinnamon about half an inch long, a teaspoonful of lemon juice, a clove, a slight grating of nutmeg, a teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

Put the onion and butter into a stew-pan, to cook slowly for five minutes. Meanwhile cut the veal into small cubes, and at the end of five minutes put it with the butter and onion, and draw the pan forward to a hot part of the range. Stir until the meat begins to brown; then add the flour, and stir a moment longer, being careful not to burn. Draw the pan back, and gradually pour in the stock, stirring all the while. Now put in all the seasoning except the lemon juice, having the whole spice tied up in a bit of muslin. When the dish boils, cover it closely and set back where it will only simmer for two hours. At the end of that time remove the whole spice, and add the cream and boiled eggs, the latter chopped rather fine. Satisfy yourself by tasting that there is seasoning enough. Heat the dish to the boiling-point, and after adding the lemon juice, serve very hot. If you choose you may add two table-spoonfuls of Madeira with the juice.

This dish may be made with cold veal, the mode of cooking being the same. Sometimes only two eggs are used, a few table-spoonfuls of chopped mushrooms being substituted for the other four.

Jellied Veal.

Use a knuckle of veal weighing about four pounds, three hard-boiled eggs, the juice of one lemon, two table-spoonfuls of minced onion, two of minced carrot, one of parsley, a bit of mace, a piece of cinnamon about an inch long, half a dozen cloves, two sprigs of thyme, a level teaspoonful of pepper, two table-spoonfuls of salt, and three pints of water.

Have the knuckle of veal broken into several pieces. Wash it, and put it in a stew-pan with the water. Tie up all the seasonings, except the salt, pepper, and lemon, in a piece of muslin, and put them in the stew-pan with the veal. Place the stew-pan on the fire, and when the contents begin to boil, skim carefully. Cook slowly for four hours, and then take up the meat and free it from the bones. Let it cool, and then cut it into small pieces. Put the meat in a clean stew-pan, and strain over it the water in which it was boiled. Now add the salt, pepper, and lemon juice, and simmer for half an hour.

Slice the hard-boiled eggs, and arrange some of them in a circle on the bottom of a charlotte mould. Now put in a layer of the stewed veal and then a layer of egg, and continue in this way until all the materials are used. Set away in a cold place for three or four hours.

At serving-time dip the mould into warm water for a few moments, and then loosen the contents by slipping a knife between the jellied meat and the mould. Turn out on a flat dish, and garnish with parsley or water-cresses.

* Veal Loaf.

Use for this dish five pounds of veal, cut from the leg, one cupful of cracker crumbs, powdered fine, one cupful and a half of stock, three eggs, three-quarters of a pound of fat salt pork, one-quarter of a cupful of dried bread crumbs, one table-spoonful of fine chopped onion; one scant teaspoonful of thyme, half a teaspoonful of sweet marjoram, half a teaspoonful of summer savory, three generous teaspoonfuls of salt, one teaspoonful of white pepper, and two table-spoonfuls of butter.

Chop the veal and pork exceedingly fine. Add to the chopped mixture the crackers, seasoning, two of the eggs, well beaten, and one cupful of the stock. Mix well with the hands. Next, butter the bottom of a flat cake-pan. Form the mixture into a loaf about three inches and a half high and five wide, and place this in the buttered pan. Beat the third egg well, and spread it on the loaf with a brush or a piece of cotton cloth. Now sprinkle the meat with the fine bread crumbs. Put it into a rather hot oven, and cook for three hours, basting frequently with the remaining half-cupful of stock, in which the two table-spoonfuls of butter should be melted. Serve with the veal loaf a sauce made as follows: —

Put two table-spoonfuls of butter on the stove in a small frying-pan, and when it becomes hot, stir in two level table-spoonfuls of flour. Stir until smooth and brown; then draw the pan back, and gradually add one large cupful of stock or milk. Boil for three minutes, stirring all the while; then set the sauce back where it will keep hot.

Pour the gravy which is in the pan into that which has just been made. Season with salt and pepper, and pour around the meat, or serve it in a separate dish.

Veal loaf may be served cold for luncheon or supper.

Leg of Lamb à la Jardinière.

Use a leg weighing about seven or eight pounds. Put it into as small a kettle as will contain it, and cover with boiling water (two quarts should be enough). Put into a muslin bag an onion, half a small carrot, half a small turnip, two cloves, four allspice, and, if you have them, four leaves of celery. Tie the bag and put it into the kettle with the meat. Mix four table-spoonfuls of flour with one cupful of cold water, and stir this thickening into the hot water in the kettle. Add four teaspoonfuls of salt and one of pepper. Cover, and heat to the boiling-point; then skim carefully, and set the kettle back where the water will just bubble for four hours. Place the meat on a large warm dish, and pour some of the gravy around it. Arrange, in little groups about the leg, carrots, turnips, and peas, cooked à la jardinière, and serve at once.

The gravy left from the dish will be a good foundation for a thick vegetable soup.

Broiled Breast of Lamb.

Use a breast of lamb weighing about three pounds, two table-spoonfuls of butter, two of flour, one table-spoonful of chopped onion, one table-spoonful of salt, half a teaspoonful of pepper, two cloves, a bay leaf, a sprig of parsley, a table-spoonful of lemon juice, and a generous pint of water.

Bone the meat, and lay it flat in a stew-pan, putting the bones on top of the meat. Put the butter and onions in a frying-pan, and cook slowly for ten minutes; then add the flour, and stir until smooth and frothy. Gradually add the water and afterward the seasoning. After simmering for ten minutes, pour over the meat in the stew-pan. Cover, and simmer for an hour and a half; then take up the meat and put it on a flat dish. Place on top of it another flat dish or a tin sheet on which rests a brick or some other weight. Set away in a cool place. In the morning remove the weight, and after trimming the edges of the meat, broil over a hot fire for ten minutes. Season with butter, salt, and pepper.

A nice sauce to go with the lamb may be easily made. As soon as the meat is put away to get pressed, strain the liquor in which it was simmered. When it gets cold, skim off the fat. In the morning put the sauce on the stove in a saucepan, and when it gets hot, add a teaspoonful of walnut or tomato ketchup.

Broiled breast of lamb is a good dish for luncheon or supper as well as for breakfast. A breast of mutton may be cooked in the same way.

*Fricassee of Lamb, with Baked Dumplings.

Cut up enough cold lamb to make a quart of dice each about an inch square, and after seasoning the meat with salt and pepper, put it into a rather shallow dish, and pour over it a sauce made as follows: —

Put a table-spoonful of butter into a frying-pan, and when it becomes hot add a table-spoonful of flour. Cook until brown, and then add a scant pint of water. When the sauce boils up, season it with salt and pepper, and pour over the meat.

Set the dish containing the meat and sauce into the oven, and make some dumplings in the following manner: —

Mix together in a sieve, and then rub through it, a pint of unsifted flour, half a teaspoonful of salt, one teaspoonful of sugar, and one teaspoonful and a half of baking-powder. Rub into the mixture half a table-spoonful of butter, and then wet it with a small cupful of milk. Roll out the dough, and cut it into very small biscuit.

Remove the meat from the oven, and place the biscuit or dumplings upon it; then return to the oven, and bake for twelve or fifteen minutes. Serve the fricassee immediately in the dish in which it was cooked.

* Lamb Warmed in Curry Sauce.

After freeing a quantity of cold lamb of skin, fat, and bone, cut it into thin slices, and season with salt and pepper; then make a sauce according to the following rule, in which the quantities stated are sufficient for a quart of meat: —

Put into a frying-pan three table-spoonfuls of butter and half a small onion, cut fine, and cook slowly for eight minutes; then add two table-spoonfuls of flour and one teaspoonful of curry-powder, and stir until perfectly smooth; gradually add a pint of stock, and stir the sauce until it boils; season with salt and pepper, and cook for three minutes.

When the sauce is finished, strain it upon the meat, and cook both together for twelve or fifteen minutes. Serve in a border of boiled rice.

* Ragout of Cold Lamb.

Free a quantity of cold roast lamb of fat and bone, and cut it into delicate slices. For one quart of the prepared meat use three table-spoonfuls of butter, one of chopped onion, half a teaspoonful of chopped parsley, a quart of water, two table-spoonfuls of flour, half a cupful of stewed tomato, three hard-boiled eggs, and some salt and pepper.

Put the bones and water into a saucepan, and let them simmer for an hour; then add the onion, tomato, and parsley, and simmer half an hour longer. Strain the mixture; there should be about a pint and a half of the liquid. Put the butter into a frying-pan, and when it gets hot, add the flour. Stir the mixture until the flour turns dark brown; then gradually add the strained liquor, and season with pepper and salt. Season the meat also, and stir it into the sauce. Add the hard-boiled eggs, chopped rather fine. Simmer for five minutes, and serve very hot. Any kind of meat may be used for a ragout.

* Boiled Leg of Mutton.

Put into a kettle and cover with boiling water a leg of mutton weighing about twelve pounds. Add a cupful of well-washed rice. When the water boils, skim it carefully. Let it boil rapidly for fifteen minutes; then set the kettle back where it will only simmer for two hours. The meat will then be red in the centre, and blood will follow the knife. If you prefer to have the mutton better done, cook fifteen minutes longer. The use of rice makes it whiter and tenderer. Serve with caper sauce.

The water in the kettle may be used the next day for a soup.

Stuffed and Rolled Shoulder of Mutton.

This is a nice dish for a small family. Buy a shoulder of mutton weighing from three to four pounds, and have the butcher remove the bones, which should be saved. Wipe the meat carefully, and dredge it generously with salt and pepper, using about a table-spoonful of salt and half a teaspoonful of pepper. Make a dressing by soaking one cupful and a half of stale bread in one-third of a cupful of cold water, and adding a table-spoonful of butter, one-fourth of a teaspoonful of chopped onion, one-eighth of a teaspoonful of pepper, one-fourth of a teaspoonful of summer savory, one-fourth of a teaspoonful of thyme, and one well-beaten egg. After spreading the meat with this dressing, roll it up. Fasten with skewers, and place it on the rack in a meat-pan. Put the bones which were taken from the meat and half a pint of water in the bottom of the pan. Cook in a hot oven for an hour and a quarter, basting half a dozen times with the water in the pan, and salt, pepper, and flour. If the water cook away, add more from time to time.

When the meat is done, place it on a hot platter. Skim the fat from the gravy in the pan, and add water enough to make half a pint of gravy. Thicken with one teaspoonful of flour, mixed with half a cupful of cold water. Boil for a minute, and then ascertain whether any more seasoning is needed. Have the meat hot when it goes to the table.

* Stuffed Fillet of Mutton.

Remove the bone from the remainder of a roast leg of mutton. Season the meat well with salt and pepper, and place it on a tin plate or sheet in a baking-pan. Cut an onion in halves, and rub it over the meat. Pare, boil, and mash ten good-sized potatoes, and season with a table-spoonful of butter, a scant table-spoonful of salt, half a teaspoonful of pepper, and half a cupful of hot milk. Fill with potato the space left vacant by the removal of the bone, and heap the remainder of the potato upon the meat. Pour around the mutton a sauce made as follows: —

Put three table-spoonfuls of butter into a frying-pan, and when it is hot, add two large table-spoonfuls of flour. Stir the sauce until it becomes dark brown; then add, very slowly, a pint of stock made with the bones from the mutton, and season with salt and pepper. Boil for two minutes. This sauce will be thin, but it will thicken as it is cooked.

When the sauce has been poured around the meat, place the baking-pan in a moderately hot oven. Cook the meat for an hour, basting it, and the potato too, every fifteen minutes with the sauce. At the end of the hour beat two eggs rather light, and spread over the meat and potato. Ten minutes later remove the pan from the oven. Place the meat on a warm platter, and pour the sauce around it. Garnish with parsley, and serve very hot.

Veal or lamb may be served in the same manner.

* Broiled Breast of Mutton.

For a family of six or seven, get two breasts of mutton. Cut out the backbones, — which may be used in making stock, — and season the meat well with salt and pepper, and dredge it lightly with flour. Broil over a clear fire for fifteen minutes, and serve on a warm dish with Soubise sauce.

* Ragout of Mutton.

For six persons use three pounds of the shoulder of mutton, a carrot, a turnip, two table-spoonfuls of chopped onion, one quart of potatoes, measured after being pared, and cut into half-inch cubes, three table-spoonfuls of flour, three of butter, three pints of boiling water, and enough salt and pepper to season the dish well.

Cut most of the fat from the meat, and then cut the meat into small pieces. Season, and roll in flour. After putting the butter into a frying-pan, put in also all the vegetables, except the potatoes, cut fine. Cook slowly for five minutes, and then add the meat. Stir the contents of the pan over a hot fire until they acquire a golden-brown color ; then turn into a large stew-pan, and pour the boiling water over them, reserving a little, however, with which to wash off any part of the mixture which may cling to the frying-pan. Cook gently for an hour and a half. At the end of that time season well with salt and pepper, and add the potatoes. With half an hour's further cooking the dish will be finished.

* Irish Stew.

For this stew use two pounds of the shoulder of mutton, a pint and a half of peeled and sliced onion, three pints of pared and sliced potatoes, one table-spoonful of flour, three generous teaspoonfuls of salt, one teaspoonful of pepper, one quart of boiling water, and one table-spoonful of minced parsley.

Cut all the fat from the mutton, and put about two ounces of it in a stew-pan and on the fire. Be careful not to put in any of the thin skin that covers the fat, as this would give the stew a strong flavor. Cook the fat slowly, until there is about four table-spoonfuls of the liquid fat. Remove all the solid matter, and add the onions to the liquid fat. Cover, and cook slowly for one hour, stirring often. At the end of that time add the flour and the lean mutton, cut into cubes. Stir over a hot part of the fire until the mixture becomes slightly browned. Now add the salt, pepper, and water. Set the stew back where it will simmer for one hour and a half; then add the potatoes and minced parsley, and simmer for three-quarters of an hour longer. Taste, to see if there be salt and pepper enough.

* Brunswick Stew.

This dish is a good medium for the use of the remains of a roast of mutton; about two pounds of meat, aside from the bones, being required. The other articles needed are a pint of Lima beans,—or any kind of shelled beans will do; one quart of pared and sliced potatoes; half a pint each of turnips and carrots, cut into dice; one pint of tomatoes, cut fine; one parsnip, cut fine; two quarts of fine-shred cabbage, two quarts of water, two table-spoonfuls of flour, two of butter, two of salt, and a level teaspoonful of pepper. All of the vegetables should be uncooked. When corn is in season a pint and a half, cut from the cob, may be used.

Free the meat from bones and fat, and cut it into dice. Put the bones into a stew-pan with some water, and cook gently for two hours. Mix the flour with half a cupful of cold water taken from the two quarts, and stir the mixture into the water in the saucepan. Add the salt and pepper, and cook twenty minutes longer. Meanwhile arrange the vegetables and meat in layers in a large stew-pan, and strain the broth over them. Put the butter on the top, and cover the stew-pan closely. Place on the fire, and cook gently for two hours. Serve very hot.

* Escaloped Mutton.

Free a quantity of cold mutton from skin, bone, and fat, and chop it rather coarse. To one pint of the meat add a quarter of a teaspoonful of pepper and one teaspoonful of salt. A gravy is next to be made by this rule: Put a table-spoonful of butter into a small frying-pan, and when it is hot, add a generous teaspoonful of flour; stir until the mixture has become browned, and then gradually add a cupful of soup stock or cold water; let the gravy boil three minutes, and season it with salt and pepper. Put alternate layers of gravy and mutton into an escalop dish, having three of gravy and two of meat. Cover lightly with grated bread crumbs, and cook in the oven for twenty minutes.

The dish may be prepared the day before, and kept in a cold place until morning. Other meats than mutton may be used.

Deviled Mutton.

From the rare mutton left from a dinner, cut slices an inch thick, and score them very lightly. Mix a teaspoonful of mustard, two of olive-oil, one of vinegar, half a teaspoonful of pepper, and one-tenth of a teaspoonful of cayenne, and spread this mixture in the incisions in the mutton. Broil the slices for five minutes over a very hot fire. Place on a hot dish, spread a little butter over them, and serve immediately.

The quantity of seasoning given above is enough for two large slices. If a strong flavor be liked, the amount of seasoning should be doubled.

* Fried Bacon.

Cut the bacon as thin as the blade of a knife, or have the butcher do it for you. Six or seven slices probably will be sufficient. Keep it perfectly cold until you are ready to fry it. Heat the frying-pan to a high temperature before putting the bacon into it. Cook the meat until it curls a little, which will be in about two or three minutes. It should be served at once.

* Fried Bacon, Southern Fashion.

Cut the bacon in slices about one-fourth of an inch thick. Place in a bowl, and pour boiling water over it. Let it stand for five minutes; then spread it in a frying-pan, and sprinkle Indian meal lightly over the meat. Fry over a rather hot fire until crisp and brown, and be particular to serve on a warm dish.

* Fried Liver and Bacon.

Simple as this dish is, it is seldom properly cooked. The bacon should be kept cold until it is to be cut. For the cutting, an exceedingly keen knife is required, as the slices should be as thin as shavings. If you are not to fry them immediately, put them in a cool place. Have the liver sent from the market in one piece, and cut it yourself into slices about a quarter of an inch thick. If it be calf liver, simply wash it in cold water; but if it be beef liver, it will require more attention. It must in that case be allowed to stand twenty minutes or more in cold water; this must then be poured off, and the liver covered with boiling water; five minutes later the meat must be drained in a colander, and it should then be seasoned with salt and pepper.

Put the slices of bacon into a hot frying-pan, and turn them constantly until they are crisp; then take them up, and keep hot. Move the frying-pan to a part of the stove where the heat will not be so great as during the cooking of the bacon, and, dropping the sliced liver into the bacon fat, cook eight minutes, turning frequently. Arrange the liver in the centre of a platter, and garnish with the bacon.

By following these directions you will have the bacon crisp and curled, and the liver tender. Slow cooking spoils bacon, and rapid cooking hardens and ruins liver.

Blanquette of Calf's Liver.

After washing two pounds of calf's liver, put it into a stew-pan with two quarts of boiling water, and simmer for three hours. At the end of that time take it up and cool it; and when it is cold, cut it into little cubes, and season with salt and pepper. Put three table-spoonfuls of butter into a frying-pan with one large slice of onion, and cook slowly for three minutes; then add three table-spoonfuls of flour, and stir until the mixture is smooth and frothy, but not until it gets brown. Draw the pan back, and gradually add a scant pint of white stock; then remove the onion, and, drawing the pan to a hot part of the stove, stir the mixture until it boils. Season to your taste with salt and pepper. Put the liver into the pan, and after cooking for eight minutes, add half a cupful of milk. When the blanquette boils up, remove it from the fire; and after adding a table-spoonful of lemon juice, serve without delay.

* Calf's Liver with Cream Sauce.

Use for six persons two pounds of liver, five table-spoonfuls of butter, three gills of milk, three teaspoonfuls of flour, a sprig of parsley, a slice of onion, and salt and pepper for seasoning.

Cut the liver into small, thin slices, and cover it with cold water. Let it stand for ten minutes; then drain it. Put the butter into a frying-pan, and when it begins to bubble, put in the liver, seasoned with salt and pepper. Cook rather slowly for six minutes, and brown slightly on both sides. Now take up the liver, and put it where it will keep warm. Put the onion and parsley into the butter remaining in the pan, and cook for one minute; then add the flour, and stir until the liquid begins to froth. Draw the pan back, and gradually add the cold milk. Cook for one minute, stirring all the while; then put in the liver, and cook slowly for five minutes longer. This dish will answer for breakfast, luncheon, or tea.

* Liver in Cream Sauce.

Cut a pound and a half of calf's liver into pieces about an inch square, and wash and cover with cold water. Add a teaspoonful of lemon juice and a whole clove, and simmer gently for an hour; then pour off the water, and add half a pint of milk or cream. Mix a heaping teaspoonful of flour with a table-spoonful of butter, and put into the stew-pan as soon as the milk begins to boil. Taste, to be sure that the dish is properly seasoned. Boil for two minutes longer, and serve on crisp toast.

* Liver Hash.

Cut cold braised or stewed liver into pieces about the size of Lima beans. A gravy is next in order. For a pint of meat cook together a table-spoonful of butter and a teaspoonful of flour until brown, and then add a scant cupful of cold water, and a seasoning of salt and pepper; and for each pint of meat beyond the first, increase proportionally the quantities of ingredients for the gravy. As soon as this sauce boils up, put the liver into it. Simmer gently for twenty minutes, and then add a teaspoonful of lemon juice. Serve very hot.

* Lamb's Liver Sauté.

Cut the liver in slices about one-third of an inch thick. Let it stand in cold water for ten minutes; then drain it, and season with salt and pepper. For each pound of meat put two table-spoonfuls of butter and two of flour into a frying-pan, and stir until smooth and frothy; then put in the liver, and cook gently for six minutes, browning on both sides. Gradually add a cupful of hot water and a teaspoonful of lemon juice. Stir the liquid until it boils up; then, after satisfying yourself that it is seasoned to your taste, let it simmer for two minutes. Serve very hot.

For a change, a table-spoonful of chopped pickles or capers may be added. This addition is best, however, when the dish is to be served at luncheon or supper, because breakfast dishes should be simple.

* Broiled Ham.

Cut slices of ham very thin. Put them in the double-broiler, and cook over clear coals for five minutes. The broiler must be turned constantly, as the fat dropping from the ham blazes up. Serve the meat very hot.

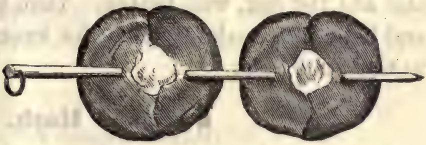
* Crumbed Kidneys.

After removing the skin from two pairs of sheep's kidneys, cut the meat into round slices about one-third of an inch thick, and let these stand for half an hour in a bowl of cold water; then drain them, and season well with salt and slightly with pepper. Dip the slices into melted butter, and then into fine bread crumbs, and, placing them in an oyster broiler or any common broiler, cook them over clear coals for seven minutes. Place the meat on slices of toast, putting a bit of maître d'hôtel butter on each piece. Serve immediately.

Make the maître d'hôtel butter by stirring together two table-spoonfuls of butter, a teaspoonful of lemon juice, half a teaspoonful of minced parsley, and one-fourth of a teaspoonful of pepper.

Kidneys à la Tartar.

Wash the kidneys, and pull off the thin skin. Cut each kidney almost through without actually dividing it. Let them soak in salted water for half an hour. Now run a small skewer through each one, to keep it open. Wipe dry; then season with salt and pepper. Now dip in melted butter, and roll in fine bread crumbs. Place in the double-broiler, and cook over clear coals for six minutes. Place them on a warm dish, the inside up, and after drawing out the skewers, put a little Tartar sauce in the centre of each kidney. Garnish with a few sprigs of parsley.


Skewered Kidneys.

* Kidneys Sauté.

For six sheep or lamb kidneys, use three table-spoonfuls of butter, one of flour, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, one table-spoonful of lemon juice, one teaspoonful of chopped parsley, half a cupful of mushrooms cut into cubes, and half a cupful of stock or water.

Remove the skin from the kidneys. Cut them in thin round slices, and let them soak in salted water for half an hour. Now drain and wipe them. Put the butter into a small frying-pan, and when it gets hot add the kidneys and mushrooms. Stir for one minute, and then add the flour. Stir one minute longer; then add the stock or water, and cook slowly for three minutes. Add the other ingredients, and boil up once. Serve on slices of toast.

* Baked Hash.

Use a cupful of any kind of cold meat, chopped rather coarse, a cupful of cold cooked rice, a generous cupful of milk, an egg, two table-spoonfuls of butter, one teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

Put the milk on the fire in a frying-pan, and when it has become hot, add all the other ingredients except the egg. Stir for one minute; then remove from the fire, and add the egg, well beaten. Turn into an escalop dish, and bake in a moderate oven for twenty minutes. Serve in the same dish.

* Baked Hash.

Chop enough of the well-done parts of cold roast beef to make two cupfuls. Add to the meat a cupful of cold mashed potatoes, two table-spoonfuls of butter, half a cupful of water, and two table-spoonfuls of bread crumbs, and season well with salt and pepper. Bake in a shallow dish for half an hour. Any kind of meat may be used for baked hash. It should be chopped rather coarse.

* Corned Beef Hash.

The materials required are: a quart of the trimmings of a piece of cold corned beef, a quart of cold boiled potatoes, a large table-spoonful of butter, a cupful of stock, or, if you have none, half a cupful of hot water; salt and pepper to suit the taste. Season the meat and potatoes while you are chopping them rather fine; then mix them together rather lightly, and add the stock. Put half the butter into a large frying-pan, and when it has melted, put in the hash, spreading it evenly, and laying the remainder of the butter on top in bits. Cover the pan closely, and place it where the hash will cook slowly for half an hour. There should be a thick, brown crust on the bottom. Care must be taken to avoid burning. Having warmed a large platter, fold the hash, and turn it out upon the dish as you would an omelet. Garnish with triangles of toasted bread.

Other meats may be used instead of corned beef, yet that is the best. The slow process of heating the hash gives it a flavor that cannot be obtained by hurried cooking. If more convenient, the hash may be prepared for the frying-pan a day in advance of the cooking.

When more crust is desired, a table-spoonful of butter may be melted in a second frying-pan; and after the hash has been browned, turn it into this pan, and brown it on the other side.

* Tongue Hash.

Chop rather coarse the roots and trimmings of a tongue, and to each pint of the chopped meat add a pint of cold potatoes, chopped fine. Season well with salt and pepper, and add half a cupful of water. Put a table-spoonful of butter into the frying-pan, and when it has been melted, turn the hash into the pan, spreading it evenly. Cover, and place where it will brown for half an hour without burning; then turn out upon a hot platter, and serve at once. It should have a rich brown crust.

* Turkey Hash.

Cut a quart of cold turkey into dice, and season with salt and pepper. Put two table-spoonfuls of butter into a small frying-pan, and when it is hot, but not brown, add a table-spoonful of flour. Stir until the mixture is smooth and frothy, and gradually add a pint of cold milk; then let it boil up once, and after seasoning with salt and pepper, add the seasoned turkey. Cook for eight minutes. Have eight slices of dry toast on a platter, and after spreading the hash upon them, serve immediately.

Any kind of light meat, like chicken, game, or veal, may be prepared and served in the same way.

* Vegetable Hash.

The hashes that may be prepared from the remains of a boiled dinner are by some folk thought to be even more palatable than the dinner itself. Here is a receipt for a hash made from vegetables: Chop rather coarse the cabbage, turnips, parsnips, and about half of a small carrot. Use with each quart of the mixed vegetables one large table-spoonful of butter or beef drippings. Season with salt and pepper, and add one-third of a cupful of water or milk. Put the mixture into a frying-pan, and after covering it, cook it slowly for half an hour, stirring occasionally. Serve very hot.

This is a good dish for breakfast, luncheon, dinner, or supper. Potatoes may be chopped and heated with the other vegetables. Use the cold beets left from a boiled dinner, either as a pickle or in a salad.

* Meat-and-Potato Hash.

Take enough of the trimmings of cold corned beef to make three cupfuls when chopped rather fine. Use also the same quantity of cold boiled potatoes, chopped rather coarse. Sprinkle both ingredients with salt and pepper; half a teaspoonful of pepper will be enough, and the amount of salt will depend upon the saltness of the beef. Add also one teaspoonful of grated onion.

After mixing the materials lightly with a fork, add one-quarter of a cupful of milk. Put one table-spoonful of butter into a frying-pan, and when it has become melted, put in the hash. Spread it lightly on the bottom of the pan, and after covering it closely, set it where it will heat slowly and cook for half an hour or more. There should be a rich brown crust on the bottom of the hash when done. Slip a knife under it to ascertain this fact. At serving-time fold the hash like an omelet, and turn out on a warm platter. Garnish with triangular pieces of dry toast.

Force-meat Cakes.

Any kind of cold meat may be used. Enough to make a pint should be chopped fine. In addition there will be required half a pint of milk, a table-spoonful of salt, half a teaspoonful of pepper, two table-spoonfuls of butter, an egg, a pint of dried bread crumbs, half a pint of stale bread, free of crust, and some fat for frying purposes.

Put the milk and stale bread into a saucepan, and cook slowly for ten minutes. After removing the mixture from the stove, mash it very fine with the back of a spoon; then add the butter, meat, and seasoning. Shape the mixture into small, flat cakes; and after beating the egg on a plate, dip the cakes into it and then into the dried crumbs. Put a kettle of fat on the stove, and put the cakes into a wire frying-basket. When smoke begins to rise from the centre of the liquid, lower the basket into the kettle. The cakes will cook in two minutes. Drain them on brown paper, and serve hot.

* Baked Sausages.

After pricking the sausages, put them into a basin and cover with boiling water. Boil for ten minutes; then remove from the hot water, and put into cold water for two minutes. Roll in beaten egg and then in fine, dry bread crumbs, and, laying them in a shallow pan, bake in a hot oven for fifteen minutes. An egg and a pint of crumbs will answer for a pound of sausages. Serve on a hot dish, with a garnish of triangles of crisp toast.

Baked sausages are more delicate than fried ones. If the meat be not in cases, omit the boiling, and proceed with the breading and baking.

* Baked Rice and Sausages.

For six persons use a small teacupful of rice, eight sausages, two quarts of boiling water, one table-spoonful of salt, and a little pepper, if you choose.

Wash the rice in three waters, and then put it into a large stew-pan with the boiling water. Boil, with the cover off the pan, for twenty-five minutes, adding the salt at the end of the first fifteen. When the rice is cooked, drain it in a colander. Sprinkle lightly with pepper, using about one-third of a teaspoonful, and then spread in a rather shallow dish. Cut the sausages in slices about one-third of an inch thick, and lay them on the rice. Bake in a rather hot oven for twenty minutes, and serve at once in the dish in which the cooking is done.

If the sausage meat be in cakes or slices it may be cut in small pieces and used the same as if it were in cases. Cold cooked sausages may be used.

* Turkish Pilaf.

For this dish there will be required three pints of any kind of cold meat, one quart of stock (which can be made of the bones and bits of gristle taken from the cold meat), two table-spoonfuls of flour, six of butter, an onion, a cupful of strained tomato, a cupful of rice, and salt and pepper for seasoning.

Wash the rice in three waters, and let it stand in cold water for an hour. Put a cupful and a half of canned tomato into a small stew-pan with half an onion, and cook for twenty minutes; then rub through a strainer. There should be a generous cupful of the strained tomato. Add to it a cupful and a half of stock, a teaspoonful of salt, and a teaspoonful of pepper, and return to the stew-pan; and when it boils up, add the rice, strained free of water. Put the mixture into a double-boiler, and cook for an hour; then add three table-spoonfuls of butter, and cook for twenty minutes longer.

Meanwhile cut the meat into small slices, and season with salt and pepper. Put three table-spoonfuls of butter into the frying-pan; and when it is melted, put in half an onion, cut into thin slices. Cook slowly until the onion turns a light brown; then add two table-spoonfuls of flour, and stir until the butter and flour are a dark brown. Add two cupfuls and a half of stock, and boil gently for five minutes. Season with salt and pepper, and strain upon the meat. Cook the dish for twelve minutes; then pour into the centre of a warm platter, and heap the rice around it. Serve at once.

* Mt.-Desert Stew.

Put into a stew-pan a can of tomatoes, a table-spoonful of cracker crumbs, a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and a piece of onion the size of a quarter of a dollar, and simmer for twenty minutes; then add a table-spoonful of butter and three or four well-beaten eggs. Cook a minute longer, stirring all the while, and serve immediately.

This is a nice stew to serve with plain boiled macaroni, boiled rice, or toast.

* Ham Cakes.

There will be required for these cakes four potatoes of medium size, one cupful of fine-chopped ham (the dry bits that cling to the bones will answer), three table-spoonfuls of butter, and one-fourth of a teaspoonful of pepper. Peel and boil the potatoes; and when they are cooked, mash them until fine and light. Add the ham, pepper, and one table-spoonful of the butter. Mix well, and shape into thin cakes about an inch and a half in diameter. Put the remaining butter on the stove in a frying-pan, and as soon as it gets hot, put the cakes into the pan. Brown on both sides, and serve on a warm dish.

Deviled Ham.

Use for this dish half a pound of raw ham, cut in thin slices, one table-spoonful of dry mustard, one of vinegar, two of melted butter, a quarter of a teaspoonful of cayenne, and a slight dredging of flour.

Mix all the ingredients except the ham and flour, and spread the mixture on both sides of the slices of meat (there should be two thin slices). Sprinkle the ham with flour, and broil it over clear coals for seven or eight minutes. Serve immediately on a warm dish.

Here is another receipt: The materials used are a pound of cold boiled ham, cut in thin slices, three teaspoonfuls of dry mustard, half a teaspoonful of salt, one-quarter of a teaspoonful of cayenne, three table-spoonfuls of milk, three table-spoonfuls of melted butter and half a cupful of powdered and sifted bread crumbs.

Mix the mustard, cayenne, salt, and milk, and spread a thin layer of this paste over one side of each slice of ham. Roll up the slices in a rather loose manner, and fasten them with small skewers; or, if you have no skewers, use wooden toothpicks. When all the slices have been rolled up and fastened, roll them in melted butter and then in bread crumbs. Put into a baking-pan, and cook in a very hot oven for eight minutes. Remove the skewers, and serve the meat on thin strips of toast.

Deviled ham prepared by either of these rules is very nice for breakfast, luncheon, or tea. Following the second mode gives the more delicate dish, but gentlemen are fond of ham cooked by the first receipt.

Deviled Boiled Ham.

This is a savory dish for luncheon or tea. Cut two slices of cold boiled ham about one-third of an inch thick, and sprinkle very lightly with cayenne. Mix a table-spoonful of dry mustard, one of water, and one of lemon juice. Broil the ham over a hot fire for six minutes; then place it on a hot dish, and spread the mustard over it. Serve hot.

* Pork Chops.

Have the chops cut thin. Put them in a stew-pan, and cover with boiling water. Simmer for half an hour; then remove from the water, and dredge lightly with salt, pepper, and flour. Broil over a clear fire for ten minutes. Prepared in this way, the pork will be well cooked and tender.

* Broiled Pigs' Feet.

When pigs' feet are wanted for a breakfast dish they must be boiled the previous day. One foot is enough for each person.

Scrape the feet, and wash them thoroughly; then tie up each one in a separate piece of cheese cloth, and put all into a stew-pan, with two table-spoonfuls of salt to eight feet, and boiling water enough to cover them. Let the water boil up once; then set the pan back where the feet will simmer for six hours. At the end of that time take the pan from the fire, and set it where its contents will become cool. When cold, remove the feet to a platter and drain them, but do not take off the cloth. In the morning remove the cloth and split the feet. Dredge with salt, pepper, and flour, and broil over clear coals for ten minutes. Place on a warm platter, and season with salt, pepper, and butter.

* Fried Pigs' Feet.

Cook and cool the feet, as for broiling. Split them, and season well with salt, pepper, and lemon juice. Dip in beaten egg and then in bread crumbs, and fry in boiling fat for five minutes. Take up and drain, and serve at once on a hot dish.

If eight feet be used, the ingredients needed with them will be two eggs, one pint of crumbs, one table-spoonful of salt, half a teaspoonful of pepper, and two table-spoonfuls of lemon juice.

* Broiled Tripe.

Use the thick part of the tripe. If it has been in pickle, wash it in cold water and put it into a stew-pan with enough milk and water — in equal parts — to cover it. Simmer gently for half an hour; then drain the tripe, and season with salt and pepper. For each pound melt three table-spoonfuls of butter on a plate; and after dipping the tripe in the butter and dredging it thickly with flour, broil it over a hot fire for six minutes. Serve very hot.

If the tripe has not been in pickle, cover it with hot water, and simmer it for only ten minutes before seasoning it and dipping it in butter.

Roast Ham, Stuffed.

Wash a large ham, and soak it for forty-eight hours in water enough to cover it. In the morning place it on a tin sheet in a large dripping-pan. Cover the entire ham with a dough made of two quarts of flour and a generous pint and a half of water, and bake slowly for five hours. Make a dressing by soaking a quart of pieces of stale bread in a generous pint of milk, seasoning it with salt and pepper, and mixing it thoroughly with two eggs. Take the ham from the oven, and remove the paste and skin; then score the top deeply, and fill the slits with dressing. Spread over the ham such part of the dressing as remains. Return the meat to the oven, and bake it slowly for another hour. It will be delicious, hot or cold, and especially nice, when hot, if served with champagne sauce or currant jelly sauce.

Roast Ham.

Wash a ham very carefully, and soak it for twenty-four hours in two gallons of water and one pint of vinegar. If it be put in soak in the morning, it will be ready for baking the next morning. When sufficiently soaked, wipe it carefully. Now make a dough with two quarts of flour and a generous pint of water. Roll this into a sheet large enough to cover the ham; fold the ham in this, and place it on a meat-rack in the dripping-pan. Bake in a moderate oven for six hours.

On taking from the oven, remove the paste and skin the ham. Sprinkle the top of the ham with fine crumbs, and return to the oven for half an hour.

Roast Pig.

The pig should be about three weeks old. The butcher draws and scrapes it. The cook must clean it in the following manner: Cover the point of a wooden skewer with a piece of soft cloth, and work the skewer into the ears to clean out all the wax. Clean the dirt from the nostrils in the same manner. Clean the lips, gums, and tongue by scraping with a sharp knife and then wiping with a soft cloth. Take out the eyes. Now clean the vent near the tail by pushing a skewer, wound with cloth, through the vent from the inside. Wash the pig in cold water, being careful to get the throat free of blood. Wipe dry, and rub a table-spoonful of salt on the inside of the pig.

Mix together three pints of grated bread crumbs, three teaspoonfuls of salt, half a teaspoonful of pepper, one table-spoonful of powdered sage, three table-spoonfuls of butter, and one of minced onion. Fill the body of the pig with this, and sew up. Press the fore feet forward and the hind feet backward, and skewer them into position. Butter two sheets of paper, and pin them over the ears. Dredge the pig with salt, rub it over with soft butter, and dredge with flour. Place in a dripping-pan and on a rack, and cook in a moderately hot oven for three hours and a half, basting every fifteen minutes with butter or salad oil and a light sprinkling of salt and flour. Water must never be used, as it is important that the surface of the meat should be crisp. Remove the paper from the ears the last half-hour.

The pig may be served whole, or in four pieces. If whole, force the mouth open and put a small block of wood between the teeth before the pig is placed in the oven. At serving-time remove the block, and insert in its place a small ear of corn or a small lemon. Serve plenty of apple sauce with this dish.

HOW TO PREPARE POULTRY AND GAME.

To draw poultry or birds, first cut the skin on the back of the neck. Now turn the skin over on the breast, and cut off the neck close to the body. Take out the crop, being careful not to leave any of the lining, which is often a thin membrane that is hardly perceptible, especially when the bird has an empty crop. Most of the undrawn poultry is kept without food for twelve or more hours before killing. When this is the case the lining of the sack, which is called the craw or crop, becomes thin and soft. Special care is required to find and remove it.

When the lining of the crop has been removed, put the forefinger into the throat, and break the ligaments that hold the internal organs to the breastbone. Now cut the bird open at the vent, beginning under one of the legs, and cutting in a slanting direction toward the vent; stop there. Work the hand slowly around, not through, the organs until the top of the breastbone is reached. Now gently draw all the organs out at once. It may be that the lights and a piece of the windpipe will be left in. The lights will be found imbedded in the ribs; they are a soft, spongy pink substance. Look into the throat for the windpipe. In the tail there will be found a hard yellow substance, named the oil bag;

cut it out. Cut off the legs, being sure to cut in the joints.

Now singe the bird by holding it over a blazing newspaper. The paper should be held over the open fire or over a coal-hod. Wash the bird quickly in cold water. If it is to be stuffed, fill the crop first, and put the remainder of the stuffing into the body. Draw the skin at the neck onto the back, and fasten it to the backbone with a skewer. Turn the tips of the wings under the back, and fasten them in that position with a long skewer. Now pass a small skewer through the lower part of the legs, and then through the tail. Tie firmly with a long piece of twine. Turn the bird on its breast, and then bring the twine up round the skewers that hold the wings and the neck. Twist round two or three times, and tie.

Now season the bird with salt and pepper. If it is to be roasted, rub the breast and legs thickly with soft butter, and dredge thickly with flour. Follow the general directions for boiling or roasting.

* Boiled Turkey.

Singe, draw, and wash a turkey weighing about nine or ten pounds, and stuff with a dressing made by chopping a quart of small oysters, rather coarse, and adding to them a quart of grated bread crumbs, two level tablespoonfuls of salt, half a teaspoonful of pepper, a grain of cayenne, a quarter of a cupful of butter, and two eggs, beaten slightly. Fill the breast of the bird with some of this dressing, and put the remainder into the body. Sew up, and truss.

Dip a large piece of cotton cloth into cold water, and after wringing it well, dredge it thickly with flour. Pin the turkey in this cloth, and plunge it into boiling water. Boil rapidly for fifteen minutes, and then set back where it will just simmer for three hours. Serve with oyster sauce.

* Roast Turkey.

Have a turkey weighing ten or twelve pounds. Singe, draw, and wash it. Separate the skin from the flesh, as directed for truffled turkey. Put between the skin and flesh a thin layer of dressing described below, and put the remainder into the crop and body. Truss the turkey, and proceed as for turkey stuffed with chestnuts. Serve with giblet sauce.

Dressing. — Put into a bowl one quart of grated stale bread and one cupful of milk or water. Cover the mixture, and let it stand one hour; then add one teaspoonful of chopped parsley, half a teaspoonful of powdered thyme, half a teaspoonful of summer savory, half a teaspoonful of pepper, a level table-spoonful of salt, one teaspoonful of onion, chopped fine, four table-spoonfuls of butter, and two well-beaten eggs. Mix all well, and then proceed to stuff the turkey. If the onion be objectionable, omit it.

Truffled Turkey.

For a turkey weighing ten pounds, use one can of truffles, next to the smallest size, one can of mushrooms, one table-spoonful of chopped parsley, half a teaspoonful of powdered thyme, one table-spoonful of chopped onion, a generous half-cupful of butter, and some salt, pepper, and flour.

Singe, draw, wash, and wipe the turkey.

Chop the truffles and mushrooms very fine, and add the herbs to them. Put two table-spoonfuls of butter in the frying-pan, with the chopped onion. Stir over the fire until the onion turns a pale straw-color. Now add the mushrooms and truffles; also one-fourth of a teaspoonful of pepper, and a generous teaspoonful of salt. Cook for five minutes, stirring all the time. Take from the fire, and cool.

Now lift the skin from the flesh on the breast of the turkey by gently working the hand under the skin, being careful not to break it. Begin the work at the neck. Spread a thin layer of the mushroom and truffle mixture over the flesh, and then draw the skin back smooth. Put the remainder of the mixture into the crop and body of the bird. Now truss, and then season with salt and pepper. Coat the back lightly and the breast thickly with soft butter, and dredge thickly with flour. Roast the same as directed for turkey stuffed with chestnuts. It will take about two hours and a half. Serve hot with financière sauce.

This is an expensive dish, owing to the high price of truffles.

Roast Turkey with Chestnut Stuffing.

Singe, draw, and wash a turkey weighing eight or ten pounds. Rub it, both inside and out, with one table-spoonful of salt. Stuff it with one of the three chestnut stuffings. Now truss it. Rub the back lightly and the breast and legs thickly with soft butter, and dredge thickly with flour. Place the turkey on its back on the rack in the dripping-pan. Pour one cupful of boiling water into the pan, and then place the turkey in a hot oven. Watch, to see that the turkey does not get scorched; and turn the pan, that the turkey may get brown on all sides. When it has been in the oven twenty-five minutes, begin to baste with the water in the pan and with salt, pepper, and flour. Baste every fifteen minutes until it is done. Be careful that the water in the pan does not boil dry. In the last fifteen minutes baste the breast with two table-spoonfuls of melted butter and a light dredging of flour. Serve with chestnut sauce.

Chestnut Stuffing. — Shell and blanch fifty chestnuts, and boil for half an hour in water enough to cover them.

Drain off the water, and add to the nuts three table-spoonfuls of butter, a level table-spoonful of salt, and half a teaspoonful of pepper. Mix all these ingredients, and stuff the turkey with them. The chestnuts will be whole, dry, sweet, and tender when cooked in this manner.

Here is another rule: Follow the foregoing receipt, only pulverize the chestnuts, and then add the seasoning.

Still another rule, for a richer stuffing than those already described, may be given. Shell and blanch fifty chestnuts, and boil for half an hour. They may be used whole or pulverized. In either case add to them one pint of cooked meat — veal, mutton, or poultry — chopped fine, one table-spoonful of salt, half a teaspoonful of pepper, one teaspoonful of chopped parsley, half a teaspoonful of powdered thyme, and three table-spoonfuls of butter. Mix all these ingredients, and stuff the turkey.

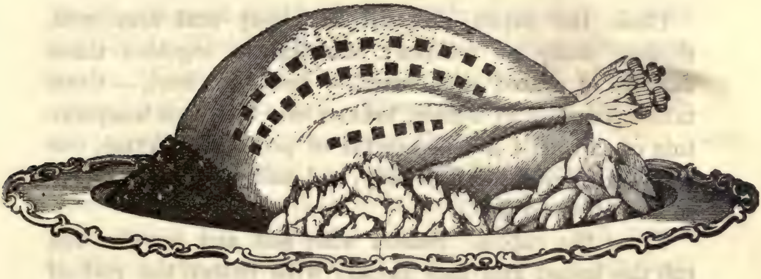
Braised Turkey.

Make a stuffing as for truffled turkey. With this, stuff the crop and body of a plump young turkey weighing about eight pounds. Truss it. Now cut truffles into small squares, and trim one end of them to a point. Put the pointed end into a larding-needle, and draw them in this way into the breast of the turkey. Put two rows on each side of the breast and one row in each leg.

Spread thin slices of salt pork over the breast and legs. Cover the turkey with a strong sheet of buttered paper. Fasten on the paper by passing a string around the bird.

Spread in a braising-pan, large enough to hold the turkey, one-quarter of a pound of sliced salt pork, one gill each of chopped celery, turnip, carrot, and onion. Lay the turkey on this pork, breast up. Cover the pan, and place in a moderate oven. At the end of half an hour add one quart of hot chicken stock. Baste the turkey with this stock every fifteen minutes, and season well at the same time with salt and pepper. Cook in all for three hours. The last half-hour remove the cover of the braising-pan; also the paper and pork from the breast of the turkey. Let the meat brown slightly.

When the turkey is done, lift it from the braising-pan, untruss it, and put it on a large platter. Fasten paper ornaments on the ends of the "drumsticks." Into these stick two small skewers, on which to fasten two button mushrooms. Garnish the dish with groups of chicken quenelles, cocks'-combs, and truffles, directions for the use of which are given in the chapter on "Garnishes." Serve mushroom brown sauce in a separate dish.



Braised Turkey.

The stock in which the turkey was cooked will answer for sauces.

Boiled Capon.

The capon should be cleaned and trussed as directed for poultry and game. Stuff the crop and body with three cupfuls of boiled rice, which has been mixed with a table-spoonful each of salt and butter, half a teaspoonful of pepper, and two well-beaten eggs. Truss the capon, and put it in as small a stew-pan as will hold it.

Cover with boiling water, and cook for two hours and a half. Garnish with rice balls, and serve with Bechamel thick yellow sauce, or mushroom white sauce.

Capon à la Jardinière.

Omit the rice, and cook the capon as already directed. When it is dished, surround it with a jardinière garnish. Pour a gill of poulette sauce over the capon, and send a boat of the sauce to the table.

Roast Capon.

Clean the capon, and fill the body and crop with stuffing made as follows: Mix lightly together three cupfuls of grated stale bread, — baker's is best, — three table-spoonfuls of butter, broken into bits, two teaspoonfuls of salt, half a teaspoonful of powdered thyme, one teaspoonful of minced parsley, and half a cupful of mushrooms, chopped fine.

Truss the capon. Season with salt and pepper, and rub the breast and legs thickly with butter, the rest of the bird lightly. Dredge thickly with flour. Roast a bird weighing seven or eight pounds two hours and a quarter. Follow the directions given for roasting turkey with chestnut stuffing.

A capon may be prepared by any of the rules given for turkey.

Roast Chickens.

Make a stuffing the same as for capon. The chopped mushrooms may be omitted. Prepare and roast the chickens the same as the capon, allowing an hour and a half for a pair of chickens each weighing between four and five pounds.

GAME.

At some seasons most kinds of game are as cheap as beef and mutton; and as game is healthful and easily digested, the housekeeper should supply her table with it frequently. Some people have nonsensical ideas in regard to game; having eaten it when it has become "high," and has not been washed before cooking, and when it has been heated only slightly, they imagine that there is no other right way of serving it; and so they either do without it at all, or eat it without an appetite, and solely because they think it is fashionable to have a taste for such food.

Now game, like all other meat, should be kept long enough to get properly ripened, and no longer. In cool weather venison may be hung for three weeks in a cold, dry place. Birds rarely should be hung longer than one week. When to be hung many days, they should be drawn, but not plucked. Pieces of charcoal placed in the bodies will tend to preserve them.

After it has been hung, venison is "improved" — that is, seasoned — by keeping it for several days in a marinade, which not only gives it a spicy flavor, but makes it tender. As a substitute for washing birds, where there is objection to washing, draw and wipe them carefully. Venison should only be wiped.

In cooking game use common sense, and do as you are accustomed to do with beef and mutton. There can be no doubt that these meats have a better flavor and are more digestible when rare than when well done, but there are hosts of people who cannot eat any kind of meat when rare, and must have their game well done, if they have it at all. They cannot derive the same pleasure as those who cook it in the most approved way, yet it may be better to have game well cooked than to go entirely without it.

Simplicity is perfection in the art of all cooking, and especially in cooking game, to which nothing should be added, either in the preparation or serving, that will disguise in the least the natural flavor of the meat.

No one who can command a bright, hot fire, and be assured that the company will be in their places at the appointed hour, need fear to undertake the cooking of a game dinner. A few things are always to be borne in mind, — namely, to serve it hot; to have the sauces so carefully chosen and made that the distinctive flavors of the game shall be brought out, and not impaired in the slightest degree; and to have the accompanying vegetables appropriate, delicate, and few.

Nearly all small birds are served with their heads on. There is a difference in taste among epicures as to the drawing of birds. Many folk do not enjoy them if drawn, whereas others cannot eat them if undrawn. It seems as if in time the custom of eating entrails — a relic of barbarism — and serving the birds without first removing their heads would become obsolete.

Game, on account of their almost constant activity, are not usually so fat as domestic animals and fowls; therefore more care must be taken to protect the fat and juices, and venison, quail, grouse, and partridges are nearly always enriched by larding or by placing slices of fat pork or bacon over them. The fat and juices of a joint of venison are also sometimes kept in by a thick layer of flour paste. Ducks are so rich as to require no sauce, though orange and olive sauces often are served with them.

Rabbits, squirrels, grouse, and venison are among the commonest and cheapest kinds of game; and as there is but little waste in cooking them, they will average as low in cost as mutton and beef. Ducks always are expensive, whatever the price, because there is but little available meat. When it comes to choice ducks, only the rich can afford to buy them.

Roast Leg of Venison.

Use a leg of venison weighing about ten pounds, half a cupful of butter, half a pound of larding pork, some salt, pepper, and flour, and half a pint of port or claret, if liked.

Wipe the meat carefully, and then draw off the dry skin. Lard the lean side of the leg. Have the butter soft, and rub half of it over the meat; then dredge with salt, pepper, and flour, being generous with the flour. Lay the meat on the rack in the dripping-pan, and sprinkle the bottom of the pan with flour. Place in a very hot oven, and watch carefully until the flour in the pan browns. This will be in about five minutes. Now add enough boiling water to cover the bottom of the pan, and close the oven door. In fifteen minutes begin to baste the venison with the gravy in the pan, and with salt, pepper, and flour. Do this every fifteen minutes until the meat is cooked enough.

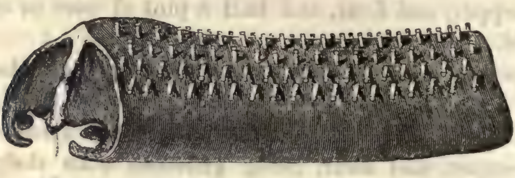
The water in the pan must be renewed often. The last basting should be with soft butter and flour. If the meat be wished very rare, an hour and a quarter's cooking will suffice, but for most tastes an hour and a half will be none too much. Serve very hot with currant jelly sauce or a gravy made from the drippings in the pan. Many people baste the venison with port or claret instead of the gravy in the pan.

The oven must be very hot the first half-hour, and after that the heat must be reduced a little.

If the leg of venison is to be roasted before the fire, treat it in the same manner, except that it will require twenty minutes longer to cook.

Saddle of Venison, Larded and Roasted.

Cut the flanks from a saddle of venison, and wipe the meat with a damp towel, being careful to remove all the hairs. Lard it. Dredge generously with salt and lightly with pepper; also rub soft butter over the top of the saddle, and dredge thickly with flour. Roast and serve the same as a leg. A thick saddle weighing eight pounds



Larded Saddle of Venison.

will require an hour and a quarter's cooking, if it be wished very rare; cooking for an hour and a half will leave it moderately rare.

* Venison Steaks.

Have the steaks cut three-quarters of an inch thick. Season them with salt and pepper, and dip them in melted butter and in flour. Broil over a bright, hot fire for six minutes, turning constantly. Serve immediately with maître d'hôtel butter spread over them. If for luncheon or dinner, provide thin fried potatoes or potato balls and cauliflower or French peas as accompaniments.

Here is another mode of cooking venison steaks: Have them cut half an inch thick. Season them with salt and pepper, and for two small slices of steak put two tablespoonfuls of butter, three of stock, one of currant jelly, one teaspoonful of lemon juice, and a slight seasoning of salt and pepper into a chafing-dish. Light the lamp, and as soon as the mixture begins to boil, put in the steaks. Cook for six minutes, turning frequently. This cooking is, of course, to be done at the table.

Slices of cold venison are nice if warmed in a chafing-dish and served with the gravy or sauce left from a previous meal. Cold roast venison may be warmed and served with a brown sauce or curry sauce, or as hash on toast. Still another way of serving is to cut it into thick slices, make incisions in these slices and fill them with a thin coating of mixed mustard and olive oil, dip the slices into melted butter and dredge lightly with flour, broil for five minutes over a hot fire, and serve with butter on a hot dish.

Venison Steak Cooked in the Chafing-dish.

This is one of the most appetizing modes of preparing venison. Being cooked on the table, it is transferred without loss of heat or flavor to the plate of the guest from the dish in which it was cooked. Slices of rare venison, cut from a cold roast, are particularly nice cooked in this manner.

Use a pound and a half of venison, cut in small slices not thicker than half an inch. Put in the chafing-dish two table-spoonfuls of butter, one teaspoonful of salt, one of lemon juice, one-tenth of a teaspoonful of cayenne, and one table-spoonful of currant jelly. Now light the lamp, and stir the mixture until it is hot; then add the slices of venison, and cook for five minutes. If rare roast venison be used, four minutes will be enough time to cook it. Sometimes three table-spoonfuls of port or claret are added to the meat during the last two minutes of cooking.

* Hashed Venison.

Season well with salt and pepper a pint and a half of coarse-chopped venison. Put two table-spoonfuls of butter into a frying-pan, and when it becomes hot, add a table-spoonful of chopped onion. Cook the onion until it becomes brown; then add a large table-spoonful of flour, and stir until the sauce is smooth and frothy. Draw the pan back to a cooler part of the range, and gradually add a cupful and a half of stock. Season well with salt and pepper; and after straining, turn it into the pan containing the chopped venison. Cook slowly for ten minutes, and serve very hot on slices of buttered toast.

Ragout of Venison.

Use three pounds of cold roast venison, one quart of water, one bay leaf, one sprig of parsley, two whole cloves, one clove of garlic, two level teaspoonfuls of salt, one-eighth of a teaspoonful of cayenne, a slight grating of nutmeg, three table-spoonfuls of butter, three of flour, one-quarter of a pound of fresh mushrooms, and eight rounds of bread fried in clarified butter.

Free the venison of skin, fat, and bone; then cut it into cubes about an inch square. Set the meat in a cool place. Put the bones and gristle into a stew-pan, with the water, spice, herbs, and garlic. Place on the fire, and boil until there is but one pint of the liquid left. Strain and cool this.

Put the butter on the fire in a small frying-pan, and when it becomes hot, add the flour, and stir until it turns dark brown. Gradually add the strained stock to this mixture. Boil for ten minutes; then add the venison, salt, and pepper, and simmer for ten minutes. At the end of that time add the mushrooms and lemon juice, and cook six minutes longer.

Arrange the meat in a pyramid on a warm dish, and garnish the base with the fried bread. Serve very hot.

Venison Cutlets.

Cut the cutlets from either the ribs or a loin of venison, having them about an inch thick. Wipe carefully, and season with salt and pepper. Now dip them in melted butter, and dredge thickly with flour. Broil over a clear fire for ten minutes, turning constantly. Arrange on a hot dish, and season with salt, pepper, and butter. Serve currant jelly with them; or currant jelly sauce or port sauce may be poured around them.

Fillets of Venison.

Have two pounds of venison steak cut into strips about four inches long, three wide, and half an inch thick. Put them in a bowl for twelve hours with one gill of vinegar, half a gill of olive oil, one table-spoonful each of chopped onion and carrot, half a teaspoonful of pepper, a generous teaspoonful of salt, two bay leaves, and a sprig of parsley. Stir the mixture several times, that all parts of the venison may be well seasoned with the marinade.

When ready to cook the fillets, free them of the marinade, and dredge lightly with flour. Set them in a cool place for ten minutes, while making the sauce. Next put two table-spoonfuls of butter in a stew-pan and on the fire. When it becomes hot, add two table-spoonfuls of flour, and stir until the flour gets browned. Gradually add a cupful of stock. Boil for one minute; then add the marinade in which the fillets were soaked. Now add one-tenth of a teaspoonful of cayenne — as well as you can measure it — and some more salt, if necessary. Set back, and simmer while the fillets are being broiled.

Put the fillets in a double-broiler, and cook them over a hot, clear fire for six minutes. Arrange them on a warm dish, and strain the sauce over them. Serve at once.

Roast Ducks.

Tastes vary greatly in regard to the time and mode of roasting ducks. Domestic ducks are rarely cooked less than half an hour. Wild ducks are cooked from ten minutes to half an hour. Ten minutes will hardly heat the duck through, and half an hour will give only a moderately rare bird. A duck is spoiled if overcooked; but for the majority of tastes, from twenty to thirty minutes will give satisfactory results.

Draw the duck, and wash quickly in cold water. Put two table-spoonfuls of chopped onion and one cupful of chopped celery — the green stalks will do — into the body of each bird. Now truss, and then dredge with salt, pepper, and flour. Roast before a very hot fire or in a hot oven. Have a little water in the tin-kitchen or in the bottom of the pan, if the birds be roasted in the oven. Baste every ten minutes with this and with salt, pepper, and flour. Serve very hot with olive, brown, or orange sauce. Or the ducks may be served without sauce, dressed celery or lettuce being provided instead. Do not serve the stuffing of onion and celery, as this is put in only to flavor the bird.

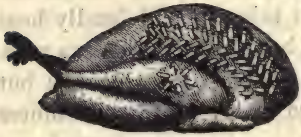
Roast Ptarmigan.

Pluck and draw the birds. Wash quickly in cold water, and wipe dry. Into the body of each put one onion, cut into four parts. Now truss the birds. Dredge with salt and pepper; then rub the breast and legs thickly with soft butter, and put a light layer on the sides and back. Dredge thickly with flour. Place on their backs in a shallow pan, and cook for twenty minutes in a hot oven, if liked rare, or for thirty, if liked rather well done. Serve with bread sauce and fried crumbs.

Grouse, quail, and partridges are roasted in the same manner. Partridges are cooked for forty minutes, and quail for only ten.

Roast Partridge.

For six persons cook two partridges. Pluck and draw them, and wash them very quickly in cold water. Halve an onion, and put a piece into the body of each bird. Truss the partridges, and lard the breasts. Dredge with salt, and rub soft butter over the legs and breast; then dredge the entire birds

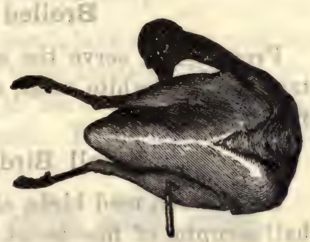


Larded Partridge.

thickly with flour. Place in a pan, breasts up, and set in a very hot oven. Roast for forty minutes, basting three times with butter, water, or stock, salt, pepper, and flour. Use half a dozen table-spoonfuls of hot water and three of butter, in basting. Serve the birds hot, with bread sauce.

Roast Woodcock on Toast.

Pick, singe, and draw the birds; then skin the heads, and remove the eyes. Cut off the feet or not, as suits your fancy. Fasten the legs against the sides of the birds by turning the heads backward on one side, and using the long bills as skewers, as illustrated. Lard the breasts with very fine strips of salt pork. Dredge lightly with salt and pepper, and after rubbing thickly with soft butter, dredge with flour. Lay the birds on their backs in a flat pan, and cook for fifteen minutes in a very hot oven. Serve immediately on toast made of stale bread, cut into slices large enough to hold a single bird, and nicely browned.



Woodcock Ready for Roasting.

When the birds are drawn, save the liver, blood, and lungs, and after chopping very fine, season with salt, pepper, and butter,—two table-spoonfuls of butter for each bird. Spread this mixture upon the toast, and place the latter in the oven for the last four minutes that the woodcocks are cooking. After the birds have been disposed on the toast, garnish with water-cresses and quarters of lemons.

The dish should be eaten without delay, or it will deteriorate.

These birds frequently are cooked undrawn, only the crop being removed.

Broiled Grouse.

Split the birds down the back. Lay a folded towel on the breast, and strike hard with the vegetable-masher. This will flatten the breastbone. Now wipe clean, and then dredge with plenty of salt and a little pepper. Rub soft butter over the bird, and dredge thickly with flour. Broil over a clear fire for fifteen minutes. Serve on a hot dish, with salt, pepper, and butter.

In the time given, the meat will be cooked rare; if liked better done, broil for twenty minutes.

Ptarmigan may be broiled in the same way.

Broiled Partridge.

Prepare and serve the same as grouse, save that partridge, being white meat, should be broiled for twenty-five minutes.

Small Birds in Crumbs.

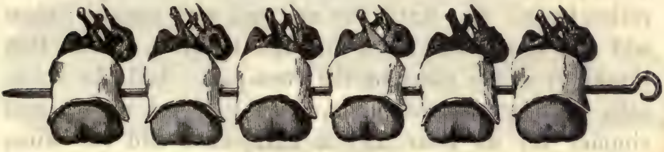
For a dozen reed birds, allow a pint of coarse crumbs, half a cupful of fine bread crumbs, seven table-spoonfuls of butter, one teaspoonful of chopped parsley, and salt and pepper.

Draw and wipe the birds, and draw the skin from the heads and necks. Cut off the feet, and press the legs into the bodies. Fasten the heads under the wings by pressing the bills into the bodies. When all the birds have been trussed, season them with salt and pepper, and roll them in three table-spoonfuls of melted butter, and then in the fine bread crumbs and chopped parsley. Place them on their backs on a tin plate or in a tin pan, and set them in a hot oven for five minutes. Have the coarse crumbs crisp and brown, and spread them upon a hot dish. Lay the birds upon this bed of crumbs, and pour over them the gravy from the pan in which they were roasted. Garnish with parsley, and serve immediately.

To Prepare the Crumbs.—Cut a loaf of stale bread in two from the side, and grate on a coarse grater until the top and the bottom crusts have been reached (they can be dried and rolled for breading). Put the crumbs into a large dripping-pan, and place them in a moderate oven until they become dry. Be careful that they do not get very brown. Put four table-spoonfuls of butter into a large frying-pan, and when it is very hot, add the crumbs. Stir over a hot fire until they are golden brown and very crisp. The crumbs may be prepared at any time during the day, but they must be made very hot at serving-time.

Barded and Roasted Snipe.

Remove the crop, skin the head, take out the eyes, and draw the bird or not, as your taste dictates. Season with salt. Draw the head down to the feet. Wrap the bird in a thin slice of clear salt pork. Run a skewer through the bird to keep the pork (bard), head, and feet in position. Run from three to six birds on each skewer. Rub soft butter over the parts that are not covered with the pork, and dredge the whole bird with flour.



Barded Snipe.

Put as many small slices of toast on the bottom of a shallow cake-pan as there are snipe. Rest the ends of the skewers on the edges of the pan. Place in a very hot oven, and cook for ten minutes. On taking the pan from the oven, slip one snipe on each slice of toast. Serve immediately.

Any small birds may be prepared in this manner.

Jugged Rabbit.

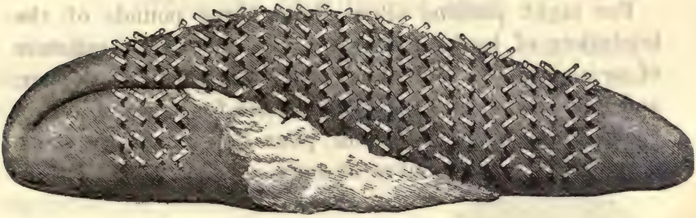
American wild rabbits are almost equal in flavor to the English hare, and may be prepared in the same manner. For six persons take two rabbits, an onion, two bay leaves, three cloves, half a dozen allspice, one table-spoonful of salt, half a teaspoonful of pepper, one table-spoonful of lemon juice, four table-spoonfuls of sherry, half a cupful of butter, four table-spoonfuls of flour, three cupfuls of water, one table-spoonful of mushroom ketchup. If port be preferred to sherry, use a gill. The dish will be good even if no wine be used.

Have the rabbits skinned by the butcher. Draw them, and wash carefully; then cut into handsome pieces, and roll these in flour. Put the butter into a frying-pan, and when it gets hot, put in the meat. Brown well on both sides, being careful not to burn. When the meat has been well browned, put it into a stew-pan, and put into the frying-pan such flour as remained after the meat was rolled in it. Stir until the mixture gets smooth; then add the water, and cook for ten minutes. Pour this liquid over the meat in the stew-pan. Add the spice, salt, pepper, and the onion, uncut. Cover closely, and simmer for an hour and a half; then add the wine, lemon juice, and ketchup. Arrange the rabbit on a warm platter, and strain the sauce over it. Serve with a dish of boiled rice.

ENTRÉES.

Fillet of Beef.

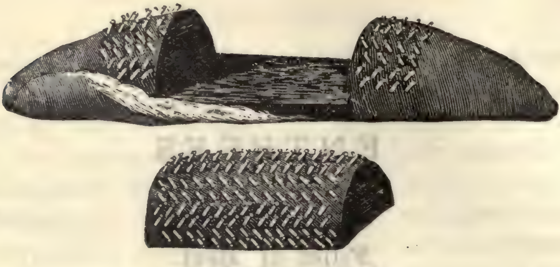
With a sharp knife, remove the tough membrane from the upper side of a tenderloin. This is done in the same manner as skinning a fish. Fold the thin end under, and skewer it into position; then lard it. Season with pepper and salt. Now rub soft butter over it, and dredge thickly with flour. Place in a dripping-pan, larded side up, and roast in a hot oven for twenty-five minutes, if desired very rare, or for thirty, if moderately rare. It will not require any basting. Serve with any of the following-named sauces poured around it: mushroom, Spanish, Châteaubriand, or financière.



Larded Fillet of Beef.

Should only a small fillet be required, have it cut from the thickest part of the tenderloin. Cook it the same time and in the same manner as if it were a whole tenderloin.

When the entire tenderloin is used, it should be carved in the centre; but when only a few pounds are used, the



Larded Fillet of Beef.

carving is done from the end. Sometimes the smaller piece in the above illustration is cut from the fillet and sliced and then replaced, before the dish is sent to the table.

Fillet of Beef à la Bearnaise.

For eight persons allow about three pounds of the tenderloin of beef. Cut it in slices about three-quarters of an inch thick. Sprinkle these slices with salt, pepper, and flour, and broil over a bright fire for seven minutes. Place on a warm dish, and pour hot Bearnaise sauce around the meat. Serve at once.

Fillet Steaks with Olives.

Cut six steaks from the thickest part of the fillet. They should be about three-quarters of an inch thick. Now cut each slice into two triangular pieces. Sprinkle a table-spoonful of lemon juice over them, and brush them over with olive oil or melted butter. Put them in a cold place for an hour or more.

Stone the olives, and simmer in clear stock for half an hour. Have a brown sauce ready. Ten minutes before serving-time, put the steaks to broil over a clear fire. Cook them for six minutes. Arrange in a circle, with the points overlapping, on a warm dish; fill the centre with the olives. Pour the brown sauce around the meat, and serve very hot.

With the six slices of steak, use three gills of brown sauce and two dozen olives.

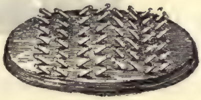
Fillet Steaks à la Châteaubriand.

Have the steaks cut from the best part of the tenderloin and about an inch and a quarter thick. Rub them with a slice of onion, season with salt and pepper, and brush melted butter or olive oil over them. Broil over clear coals for ten minutes. Arrange them on a hot dish, and pour Châteaubriand sauce over them. Garnish with potato balls sauté.

For ten persons use five or six slices of tenderloin, one pint of sauce, and a pint and a half of potato balls.

Grenadins of Fillet of Beef.

Cut five slices, each about one-third of an inch thick, from the thickest part of a tenderloin of beef. Trim them into a regular shape. Lard them on one side with fine lardoons, which should be not much thicker than a match. Place them with as much regularity as possible. Season the grenadins with salt and pepper, roll them in melted butter, and lay them in a dripping-pan with the larded side up. Cook in a hot oven for eight minutes. Take the pan from the oven, and pour off the fat.

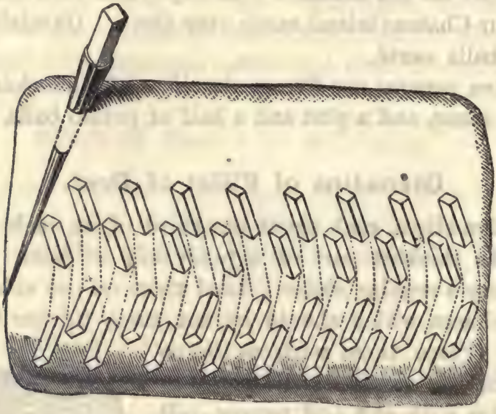


A Larded Grenadin.

Have two table-spoonfuls of Madeira and three of glaze heated together. Baste the grenadins with this, and return to the oven for two minutes. Arrange them on a hot dish, and pour mushroom or any rich brown sauce around them.

The matter of larding is very simple, and yet many persons fail in this because they do not understand the few principles necessary for the work. In the first place, the pork must be of the right kind. It should always be firm and free from lean. The dry-salted is best when it can be obtained. The surface of the rind of the pork should be level, or nearly so. When it curves it is impossible to cut even slices from it.

Measure to see how long you want the lardoons (the little strips of pork). Now cut the piece of pork this length. With a sharp knife cut off the rind, and then cut slices thick or thin, as you may desire your lardoons large or small. The slices must be cut parallel with the rind and only to the line in the pork which shows that a newer and softer layer of fat had formed beyond it. This part of the pork will not serve for lardoons, as the fibres are too loose and will break when the lardoon is drawn through the meat. Cut the slices of pork into strips that are of equal breadth on all four sides, so that the ends form a square. Great care must be taken that these strips are cut even, because if uneven there will be difficulty in drawing them through



Method of Larding Meat.

the meat. Put these lardoons into a bowl with plenty of ice and a little water. This will harden them.

Put a lardoon into the needle. Run this into the article to be larded. It should go about one-third of an inch under the surface of the flesh, and the point should come out about three-fourths of an inch from the place where it went in.

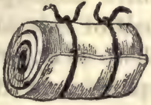
When the needle is nearly through, hold the end of the lardoon with one hand to prevent its being drawn farther into the meat. About one-third of the lardoon must be exposed at each end, as shown in the illustration.

Sweetbreads, grenadins, and fillets of game or fowl require lardoons about the size of a large match. Fillets of beef and fricandeaux of veal should have lardoons four times as large. Lardoons for small birds should be twice as large as for sweetbreads; and for grouse, partridge, ptarmigan, etc., about three times as large as for sweetbreads.

If these directions be followed carefully, one will find no difficulty in larding.

Paupiettes of Fillet of Beef, with Olives.

There will be required for this dish one pound and a half of the tenderloin of beef, cut from the thickest part, the materials named in the rule for dark chicken force-meat, two dozen stuffed olives, a pint and a half of consommé, four table-spoonfuls of butter, one table-spoonful of arrowroot, a table-spoonful of salt, and half a teaspoonful of pepper.



Paupiette of Beef.

Cut the tenderloin in very thin slices. There should be seven slices. Cut each slice in two, lengthwise. Spread these strips on a board, and season them with salt and pepper. Spread a thin layer of the force-meat on each strip of meat; then roll this up and tie it. Put the butter into a flat stew-pan, and place it on the fire. When it is hot, put in the paupiettes, and cook them until brown on all sides. They must be watched carefully, and turned often. When they are all browned, pour over them one pint of consommé. Cover closely, and set back where they will simmer for one hour. At the end of this time mix the arrowroot with one gill of cold consommé, and stir it into the gravy in which the paupiettes are cooking. Simmer half an hour longer.

Put the olives into a small saucepan with the remaining gill of consommé, and simmer for half an hour. Now take up the paupiettes, cut the strings, and remove them. Arrange the paupiettes in the centre of a dish, and garnish with the olives. Strain the sauce over the meat, and serve. This dish will be sufficient for a party of twelve.

Paupiettes of Fillet of Beef, with Mushrooms.

Prepare and cook the meat as for paupiettes with olives. Add one pound of fresh mushrooms ten minutes before serving. If the mushrooms be large, cut them. If it be inconvenient to obtain fresh mushrooms, use the canned; but in that case cook them five minutes.

* Beefsteak, with Fried Spanish Onions.

For this dish there will be required a steak cut an inch thick, and weighing about two pounds and a half, three table-spoonfuls of butter, one teaspoonful and a half of salt, one-fifth of a teaspoonful of pepper (unless there be objection to the use of any whatever), one table-spoonful of flour, two good-sized Spanish onions, and some fat, for the purpose of frying.

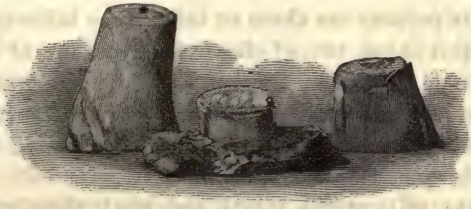
Put a kettle of fat on to heat. Pare the onions, and slice them as thin as possible. Place them in a frying-basket, ready for cooking. Dredge the steak with the pepper, one teaspoonful of the salt, and all the flour; then broil it over a clear fire for ten minutes, turning constantly. During the first four minutes keep the steak as near the coals as possible, but for the remaining time hold the broiler at a little distance from the coals. By this mode of broiling, the steak will be left juicy and will be cooked evenly, being nearly as rare just below the surface as in the centre.

As soon as the meat is taken from the fire, put the basket of sliced onions into the boiling fat, and cook for three minutes. In that time the onions ought to turn a rich brown color; they also should be crisp. Place the steak on a warm dish, and spread the butter over it. Drain the onions, and arrange them around the steak. Serve at once.

The onions may be served on a separate dish instead of round the steak. They are also suitable to serve with any kind of roasted or broiled meat.

* Marrow-bones.

Beef marrow, when well cooked, is considered by some people as a great delicacy. Have the bones cut either two or four inches long. Make a stiff dough with flour and water. Wash and wipe the bones. Roll the dough on the board until it is about one-fourth of an inch thick. Cut out pieces about two inches square to cover the ends of the marrow-bones. Pin the bones in a piece of cloth, and after laying them in a stew-pan, cover with boiling



Marrow-bones and Tenderloin Steak.

water and boil for one hour. Now take them up, and remove the cloth and paste. If the marrow is to be served in the long bones, they must have small fringed napkins pinned around them. They are passed with little squares of buttered toast. There must be a small spoon, having a long handle, with which to take out the marrow.

Another way is to have the bones cut about two inches long, and when the marrow is done, put a bone in the centre of a small slice of buttered toast. Serve each guest with one of these.

Still another way is to cook the marrow in the long bones and then spread it on hot toast.

No matter what mode of cooking is followed, the dish must be served very hot. It is usual to season the marrow with cayenne. This dish may be served at luncheon or supper.

The butcher will cut the bones any length you wish. Marrow-bones are frequently served on broiled steak, particularly tenderloin.

* Stewed Ox Tails, with Turnips.

For six persons use three ox tails, three table-spoonfuls of chopped onion, two of chopped carrot, two of chopped celery, four of butter, four of flour, one pint of water, one pint and a half of stock, one quart of turnips, cut into small cubes, one teaspoonful of sugar, and salt and pepper in quantities to suit your taste.

Cut the tails at the joints, and wash them carefully. Cover them with cold water, and let them soak for an hour. At the end of that time put them into a stew-pan with enough boiling water to cover them, and boil for ten minutes. Drain off all the water, and after putting into the pan a pint of fresh boiling water and a pint of the stock, set the pan where its contents will simmer. Put three table-spoonfuls of butter and all the chopped vegetables into a small frying-pan, and cook slowly for ten minutes; then set the pan where the vegetables will cook rapidly for two minutes. Stir constantly all the while. Draw the vegetables to one side of the pan, and press out the butter; then put them with the ox tails. Stir the flour into the butter remaining in the pan, and continue stirring until the flour becomes dark brown. Add this mixture to the contents of the stew-pan, and stir well. Add a level table-spoonful of salt and half a teaspoonful of pepper; then cover closely, and simmer for three hours.

When the ox tails have been cooking for two hours, put the quart of turnips into a stew-pan with two quarts of boiling water, and cook for thirty minutes. At the end of that time drain off all the water, and add to the turnips one teaspoonful of salt, one teaspoonful of sugar, one table-spoonful of butter, and half a pint of stock. Set the pan where the contents will boil rapidly until all the liquid has been absorbed by the turnips. Shake the stew-pan frequently during the cooking, and finally set it back where the contents will keep hot until serving-time.

Now skim off any fat which may have accumulated on the surface of the liquid or gravy in which the ox tails are cooking. Taste the gravy, to be sure that it is properly seasoned; then transfer the ox tails to the centre of a warm platter, and strain the gravy over them. Heap the turnip around the meat.

This is not a handsome dish, but it is delicious. Carrots or other vegetables may be used instead of turnips as a garnish.

Ox Palates.

These are not used much in cookery, except by professionals who understand their value as the foundation of many nice entrées. Not being in great demand, they are cheap. The bony, hard palate, which forms the roof of the mouth, is the most desirable part; the soft, hanging palate is not generally used in the little entrées included in the following receipts. The palates must be cleaned and boiled before they are used in any form. Three will be enough for an entrée for eight persons.

Put the palates into a large pan with three or four quarts of water, and soak for three or four hours. Change the water three times. Now wash the palates thoroughly in two or three waters. Put them into a stew-pan with cold water enough to cover, and heat them to the boiling-point. Boil for ten minutes; then pour off the water, and cover with cold water. Scrape off the skin, and wash again. Now put the palates into the stew-pan with enough boiling water to cover them, and boil gently for five hours. At the end of four hours put into the pan an onion, a carrot, two cloves, a bay leaf, one table-spoonful of salt, one of vinegar, and half a teaspoonful of pepper.

When the palates are done, drain them, and spread them in a large flat pan. Place a tin sheet or pan on top of them, and on this put a weight, — two bricks will do. Set the palates in a cold place until it is time to prepare them for an entrée.

Breaded Ox Palates.

Cut some pressed palates into pieces about four inches long and three broad. Put these into a bowl, and pour over them a marinade made in the following manner: Mix in a cup two table-spoonfuls of lemon juice, two of oil, one of salt, and half a teaspoonful of pepper. Let the meat stand in this seasoning for two or three hours, stirring it occasionally, that all parts may come in contact with the liquid. Now dip the meat in beaten eggs, and then roll them in bread crumbs. Place in a frying-basket, and cook in fat for two minutes. Drain on brown paper, and serve on a hot dish with tomato sauce.

Broiled Palates.

Cut the pressed palates into strips about five inches long and four wide. Season well with salt and pepper, and with a little lemon juice, if you choose. Dip in melted butter and then roll in bread crumbs, and broil over clear coals until the meat turns a delicate brown color. It will take about six minutes' cooking. Serve with mushroom, tomato, Bechamel, Hollandaise, or some other sauce.

Curry of Ox Palates.

For six or eight persons use three pressed palates, three table-spoonfuls of butter, three of flour, one level table-spoonful of curry-powder, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, one table-spoonful of chopped onion, and two cupfuls of stock.

Cut the palates into small squares or triangles, and place them in a stew-pan. Put the onion and butter in a frying-pan, and cook until the onion is slightly browned; then add the flour and curry-powder. Stir and cook until the mixture becomes smooth and frothy; then draw the frying-pan to a cooler part of the range, and gradually add the stock, stirring all the while.

When all the stock has been added, move the pan forward to the hot part of the range. Add the salt and pepper, and cook for five minutes, stirring frequently. Now strain this sauce over the palates, and let them cook for five minutes. At the end of that time add one gill of stock or water, and boil up once. Serve very hot.

Plain boiled rice should be served with this dish.

Ox Palates à la Poulette.

Cut the pressed palates into small squares. Season well with salt and pepper, and cover with stock or milk. Cook for twenty minutes; then drain them. Arrange in a warm dish, and pour poulette sauce over them.

Ox Palates, with Mushrooms.

For this dish use one can of mushrooms, two palates, one cupful of stock, three table-spoonfuls of butter, two of flour, one teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

Cut the palates in small squares, and put them into a stew-pan with the mushrooms. Put the butter in a frying-pan, and place this on the fire; and when it becomes hot, add the flour. Stir until the flour gets brown; then add the stock and the water from the mushroom can. Cook for five minutes, stirring frequently. After adding the salt and pepper, pour the sauce over the mushrooms and palates, and cook for five minutes longer.

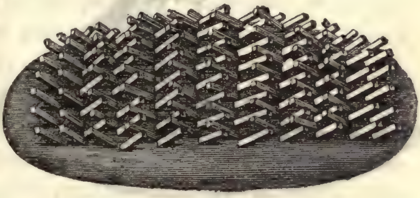
Ox palates may be warmed in stock, seasoned with salt and pepper, and served with any kind of sauce. The sauce should have a decided flavor, as the palates have so little.

Fricandeau of Veal.

For a fricandeau weighing four pounds use one-fourth of a pound of larding pork, two table-spoonfuls each of minced carrot, turnip, onion, and celery, one table-spoonful of lemon juice, half a teaspoonful of white pepper, three teaspoonfuls of salt, one pint and a half of white stock, one generous table-spoonful of corn-starch, flour for dredging, and one gill of glaze.

Wet a board and the vegetable-masher in cold water. Place the fricandeau on the board, and skewer the fat around it. Beat it gently with the vegetable-masher until it is only about three inches thick. Beat it a little harder near the edges than in the centre, as there should be a little slope from the centre toward the edges. Now lard the meat on the beaten side.

Cut the remainder of the pork into thin slices, and arrange them on the bottom of a deep baking-pan. Sprinkle the chopped vegetables on the pork. Now lay the fricandeau, larded side up, on the bed of pork and vegetables, and season well with salt and pepper. Butter a sheet of foolscap generously on both sides. Lay this over the fricandeau. Place the pan in a moderate oven, and cook slowly for half an hour. Watch carefully, to prevent the vegetables from burning. At the end of the half-hour add half a pint of the hot stock, basting the meat with it; but do not remove the buttered paper. Dredge with salt, pepper, and flour. Cook for two hours and a half longer, basting every fifteen minutes with the gravy in the pan, and with salt, pepper, and flour. As the gravy cooks away, add more stock. Let the fricandeau cook for the last fifteen minutes without the buttered paper on. Just before taking it from the oven, brush the gill of melted glaze over it. Close the oven door, and let it cook two minutes longer. On taking it from the oven place on a smooth bed of minced spinach.


Fricandeau of Veal, Larded.

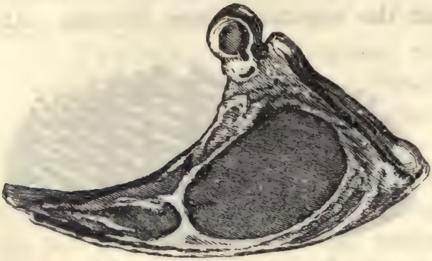
Put on the range the pan in which the fricandeau was cooked. Mix the corn-starch with half a cupful of cold water, and stir into the gravy. Boil for three minutes; then add the lemon juice, and more salt and pepper, if any be needed. Strain, and serve with the fricandeau. Should there be any fat floating on the gravy, skim it off.

Success in making this dish depends upon slow cooking. If the oven be so hot that the gravy boils in the pan, the piece of meat will be spoiled.

There should be a pint of gravy when it is finished. Should there be less, add boiling water enough to make a pint.

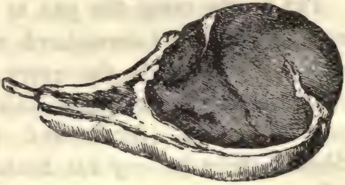
Veal Cutlets à la Française.

Either half a dozen rib chops or two slices from a leg of veal will be needed. If chops be used, have them freed from the backbone and have the ribs cut short; if slices from the leg be taken, have them half an inch thick, and cut each into four pieces. The other necessaries are half a dozen button onions or a table-spoonful of chopped onion, half a can of mushrooms, three table-spoonfuls of strained tomato, a teaspoonful of chopped parsley, three table-spoonfuls of salad oil, a table-spoonful of brandy, a scant half-pint of water, a generous teaspoonful of salt, and one-eighth of a teaspoonful of pepper.



Veal Cutlet before Trimming.

Season the meat with salt and pepper. Put the oil into a large frying-pan, and when it has become hot, put in the onions, if button onions are to be used. Cook for five minutes, stirring all the while; then put in the cutlets, and cook until brown on both sides. Pour off the oil, and gradually substitute the half-pint of water. Put in also the tomato, mushrooms, parsley, and brandy; and after covering the frying-pan closely, let the cutlets simmer for half an hour. Serve very hot.



Veal Cutlet after Trimming.

If chopped onion be used, put it into the pan with the meat, and not previously, as with button onions.

Veal Chops.

For ten chops there will be required ten rib bones from a piece of mutton, two pounds of veal, cut from the leg, three eggs, one cupful of cracker crumbs, two of stock, five table-spoonfuls of butter, two teaspoonfuls of salt, half a teaspoonful of pepper, one-fourth of a teaspoonful of powdered sage, of summer savory, of sweet marjoram, and of thyme, two table-spoonfuls of cold water, and a heaping table-spoonful of flour.

Chop the meat very fine, and add to it half of the cracker crumbs, all the herbs, the pepper, about three-fourths of the salt, half a cupful of the stock, two of the eggs, well beaten, and three table-spoonfuls of the butter. Mix all these ingredients thoroughly; and after dividing the mixture into ten parts, put one of the rib bones with each part, and shape like mutton chops. Beat the third egg well, and add the water to it. After dipping the chops in the egg, roll them gently in the remaining cracker crumbs. Place the breaded chops in a baking-pan, and take the next step in the work.

Put the remaining two table-spoonfuls of butter into a stew-pan, and when it becomes so hot that it begins to turn brown, add the flour, and stir the mixture until it turns dark brown. Now add the remainder of the stock, stirring all the while. Boil for three minutes, and then add the salt.

Put the pan of chops into a hot oven, and cook for half an hour. At the end of the first ten minutes baste with the gravy; and baste every five minutes afterward, — four times in all.

When the chops are done, arrange them on a warm dish. Scrape all the gravy from the pan in which they were baked, and put it with the sauce. Let the sauce boil up once, and pour it around the chops.

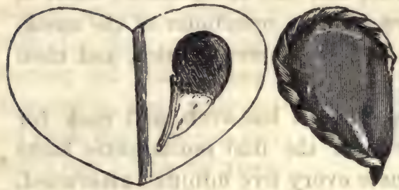
The dish may be much improved by the addition of three table-spoonfuls of mushrooms to the sauce. If used, they should be added after the last basting; thus receiving five minutes' cooking.

* Crumbed Lamb Cutlets.

Have three slices, about half an inch thick, cut from a leg of lamb. Mix well in a cup two table-spoonfuls of lemon juice, half a teaspoonful of onion juice, half a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and two table-spoonfuls of salad oil, and rub the mixture over the slices of lamb. Cover the dish in which the meat lies, and put it away for an hour or more. When ready to cook the cutlets, spread them lightly with melted butter, and dip them in fine bread crumbs. Cook in a double-broiler over a moderate fire for eight minutes. Serve hot, with asparagus sauce or any delicate sauce. They are delectable even without any accompaniment.

Lamb Chops in Paper Cases.

Fold and cut thick sheets of white paper so that when opened they will be heart-shaped. Each sheet should be about nine inches long and five and a half wide. Dip all in olive-oil or melted butter, being careful that every part is well oiled. Set them aside until the chops are ready. Have the chops cut from the ribs. The rib bone must be scraped clean. Season the chops with salt and pepper, and then dip them in melted butter. Now place them on one side of the papers, having the bones turned toward the centre. Fold the papers carefully, turning in the edges. Place in the broiler, and cook over a



Chop in Paper Case.

moderate fire for eight minutes, if the chops be about three-quarters of an inch thick. Serve on a hot dish in the papers in which they were broiled.

The secret of broiling in paper is to have every part of the paper well oiled. While cooking, the broiler must be turned constantly. If these directions be followed carefully, the paper will turn only a delicate brown.

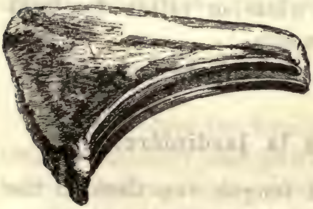
Mutton Cutlets à la Maintenon.

For six cutlets use the following-named materials: four table-spoonfuls of chopped mushrooms, one of chopped onion, one generous table-spoonful of butter, one of flour, three of stock, one teaspoonful of minced parsley, one of salt, one-fifth of a teaspoonful of pepper, and three gills of Spanish sauce.

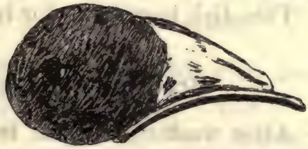
Cook the butter and onion together for five minutes; then add the mushrooms and seasoning, and cook five minutes longer. Now add the flour, and stir well; then add the stock, and cook three minutes longer. Let this mixture cool.

Have the cutlets cut from the ribs, and cut one inch and a half thick. Trim the rib bones as for French chops.

With a sharp knife, split the chops in two without separating them at the bone. Spread the cooked mixture inside, and then press lightly together again. Broil for eight minutes over clear coals. Arrange on a warm dish, and pour the Spanish sauce around them. Serve very hot.



Cutlet before Trimming.



Cutlet after Trimming.

* Breslau of Cold Meat.

For eight persons use one pint of lean cooked meat, chopped fine, a pint and a half of grated stale bread, a pint of stock or milk, three eggs, a table-spoonful of salt, half a teaspoonful of pepper, three teaspoonfuls of butter, one of flour, two of minced onion, and one each of minced carrot and minced parsley.

Mix the salt, pepper, and parsley with the chopped meat. Put the butter, onion, and carrot into a small stew-pan, and cook slowly for half an hour. Now add the flour, and stir until the mixture is frothy. Gradually add the stock or milk, and stir until it boils. Rub this liquid through a strainer and on the bread. Let this stand until cold; then add the meat and well-beaten eggs to the soaked bread.

Butter eight small dariole moulds; or custard cups will do if the moulds are not at hand. Put the mixture into them. Now place the moulds in a pan of warm water, having the water come within half an inch of the top of the moulds. Cover with buttered paper, and cook in a moderate oven for half an hour. At serving-time turn out on a warm dish, and pour a good sauce around them. The sauce should be white or yellow for light meats, and brown for dark meats.

This dish is suitable for luncheon, dinner, or supper.

Braised Tongue à la Jardinière.

After washing a fresh beef tongue, run through the roots and end of it a trussing-needle threaded with strong twine, and draw tightly enough to make the ends of the tongue meet. Tie the twine firmly. Cover the meat with boiling water, and boil gently for two hours; then remove it from the kettle and skin it.

Put six table-spoonfuls of butter into the braising-pan, and when it has become hot, put in half a small carrot, half a small turnip, and an onion, all cut fine. Cook for five minutes, stirring all the while; then remove the vegetables.

Roll the tongue in dry flour, and put it into the braising-pan with the butter in which the vegetables were fried. Brown one side; then turn the tongue and brown the other side. Add the cooked vegetables and a quart of the water in which the meat was boiled. Cover the pan, and cook slowly in the oven for two hours, basting every fifteen minutes.

Mix a table-spoonful of corn-starch with half a cupful of cold water, and stir into the gravy in the braising-pan. There should be a pint and a half of this gravy; and if there be less, add some of the water in which the tongue was boiled. Season with salt, pepper, and the juice of half a lemon, and cook fifteen minutes longer. Take up the tongue, and cut and remove the string with which it was fastened. Strain the gravy over the meat, and put groups of stewed carrots, stewed turnips, French peas, and potato balls around it. Serve immediately, with extra dishes of the vegetables named.

This work may seem very complex; yet it is not difficult, and the dish is so tempting and palatable that it repays one for taking a good deal of trouble.

* Brown Fricassee of Sheep's Tongues.

The day before the fricassee is to be served, wash the tongues carefully, and, putting them into a stew-pan containing boiling water enough to cover them, simmer them for two hours. At the end of that time set them away to cool; and when they are cool, take them from the water, rid them of their roots, and cut them in two lengthwise. Put them in a cool place until morning.

If provision is to be made for six persons, use half a dozen tongues. In the morning season them with salt and pepper. Put upon a plate two generous table-spoonfuls of flour, and roll the tongues in it. Put three table-spoonfuls of butter into a frying-pan, and when it gets hot, put in the tongues and a teaspoonful of chopped onion. Cook until the meat gets browned on all sides. Add what flour remains on the plate, and stir until the flour is smooth; then slowly add a pint of stock, stirring all the while. Season with salt and pepper; then add a teaspoonful of lemon juice, and send the dish to the table. This fricassee is nice for luncheon, especially if a dish of boiled rice accompany it. Tongues cost only a few cents apiece.

* Braised Lambs' Tongues.

Put six lambs' tongues into a stew-pan, and, after covering with boiling water, simmer gently for two hours. Take them up at the end of that time, and, throwing them into cold water, skin them. Put three table-spoonfuls of butter into a frying-pan, and when it gets hot, add two table-spoonfuls of flour. Stir the mixture until it becomes dark brown; then add a pint and a half of the water in which the meat was boiled. Boil up once, and season with salt and pepper and a table-spoonful of lemon juice. Put the tongues into a deep pan, and pour the sauce over them. Add a bay leaf, a clove, a stalk of celery, half a small onion, and a sprig of parsley. Cover the pan, and put it into a very moderate oven. Cook slowly for one hour. At serving-time arrange the tongues at the base of a casserole of potatoes. Strain the sauce and pour it over them, and serve immediately.

Breaded Calves' Brains.

Let the brains of two calves stand in cold water for half an hour; then remove the thin membrane that covers them, and see that they are perfectly white and free of blood-filled veins. Divide each calf's brains into six parts, thus obtaining twelve parts in all, and tie up each part in a small piece of thin muslin. Drop all into a pan of boiling water, — just enough to cover them, — and boil gently for half an hour. At the end of that time take them up; and after changing the hot water for cold water, put them back into the pan. When they have been cooled, remove them from the muslin, and season well with salt and pepper. Beat an egg, and season it with salt and pepper. Dip the brains into it, and roll them in fine bread crumbs. When all have been breaded, put them into the frying-basket, and set them into a kettle of boiling fat. Cook for two minutes, and serve with either ravigote or cream sauce.

Escaloped Calves' Brains.

Two sets of brains will be required, besides a pint of grated bread crumbs, half a pint of milk, an egg, a table-spoonful of butter, half a teaspoonful of flour, half a teaspoonful of chopped parsley, half a teaspoonful of onion juice, one teaspoonful of salt, a grain of pepper, and a table-spoonful of vinegar.

After soaking the brains in warm water for two hours, free them from the skin and large fibres, and wash them in cold water. Tie them loosely in a piece of thin muslin, and, putting them into a saucepan, pour in enough boiling water to cover them. Add the spoonful of vinegar, and then boil gently for half an hour. At the end of that time take them from the boiling water, and plunge into cold water; and when they get cold, drain them, and cut them into small pieces.

Put the butter into a small frying-pan, and when it gets hot, and before it turns brown, add the flour. Stir until smooth and frothy; then gradually add the milk. When this mixture boils up, add the chopped parsley, onion juice, and half the pepper and salt. Sprinkle the remainder of the seasoning on the brains. Beat the egg till light, and mix it with the brains. Put a thin layer of crumbs on the bottom of an escalop dish, then spread a layer of brains (using half the entire quantity), next add half the sauce, and finally add a thin layer of crumbs. Now put in second layers of brains and sauce, and finish by using the remainder of the crumbs. Bake in a moderate oven for twenty minutes. It makes the dish richer, but less delicate, to cut a generous table-spoonful of butter into bits, and strew these upon the top layer of crumbs.

Sweetbreads with Brown Sauce.

For two pairs of sweetbreads the following-named materials will be required: one pint of clear brown stock, two level table-spoonfuls of corn-starch, three table-spoonfuls of butter, a clove, salt and pepper for seasoning, and a piece of carrot, of onion, and of celery, each about an inch square (bear in mind that these are not expected to be cubes, but simply pieces about an inch square).

Clean the sweetbreads, and soak them in a pan of water for an hour or more; then put them in a stew-pan, with boiling water enough to cover, and cook for twenty minutes. At the end of that time take them up, and put them in cold water for two minutes. On removing them from the cold water, rub a table-spoonful of butter over them, and dredge with salt and pepper. Cook in a hot oven for twenty minutes, basting with brown sauce every five minutes.

Brown Sauce. — To make the sauce, put into a stew-pan the stock, vegetables, and clove already mentioned, and heat the mixture to the boiling-point. Mix the corn-starch with five table-spoonfuls of water, and stir into the mixture in the stew-pan. Cook for a quarter of an hour; then add two table-spoonfuls of butter, one teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Simmer for five minutes longer, and strain.

Use about a gill and a half of this sauce in basting the sweetbreads, and when the dish is served, pour the remaining sauce around the meat.

If the stock was seasoned with vegetables and spice before it was used for the sauce, these seasonings may be omitted in making the sauce.

Braised Sweetbreads.

After cleaning the sweetbreads, drop them into a saucepan containing boiling water enough to cover them, and boil for ten minutes. Take them from the water, lay them in a shallow dish, and season with salt and pepper. Make a sauce as follows, the quantities being sufficient for half a dozen sweetbreads: —

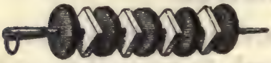
Dissolve a teaspoonful of beef extract in a cupful of warm water. Put a table-spoonful and a half of butter into a small frying-pan with one teaspoonful of chopped onion, a bit of parsley, half a teaspoonful of chopped carrot, and a bay leaf. Cook slowly for five minutes; then add one heaping teaspoonful of flour, and stir until brown. Draw the frying-pan back to a cooler part of the stove, and gradually add the dissolved beef extract. Season with salt and pepper, and simmer for three minutes.

Strain this sauce over the sweetbreads, and cook them slowly in the oven for an hour, basting frequently with the sauce in the pan. At serving-time place the sweetbreads on a warm platter, and pour a clear brown sauce around them.

Spindled Sweetbreads.

Clean two heart sweetbreads, and cover them with boiling water. Add a table-spoonful of lemon juice, a teaspoonful of salt, a slice of onion, ten pepper-corns, and a piece of stick cinnamon about an inch long. Place on the fire, and cook for twenty minutes. At the end of that time take the sweetbreads from the hot water, and drop them into a bowl of cold water. When they become cold, wipe them dry, and cut into pieces about an inch and a half square and half an inch thick.

Cut fat bacon in slices as thin as a wafer, and divide these slices into squares. Season the sweetbreads with salt and pepper; then roll them in melted butter, and also roll lightly in flour. String the bacon and sweetbreads on small skewers, alternating with squares of each kind of meat. Rest the ends of the skewers on a narrow cake-pan, and place in a hot oven for eight minutes. Serve each skewerful on a slice of toast.


Spindled Sweetbreads.

Another way is to let the butter and flour cool on the squares of sweetbread; then dip the meat in beaten egg, and roll in fine crumbs. String them as before, and after laying them in the frying-basket, cook in fat for a minute and a half. Serve on toast, as before.

Turkey, chicken, and goose livers are very nice cooked in this manner. They should not be boiled first.

Fried Chicken and Cauliflower.

Use two chickens, each weighing about three pounds, one large head of cauliflower, one pint of milk, half a pint of cream, one quarter of a pound of clear salt pork, and some flour, salt, and pepper.

Singe, wipe, and draw the chickens; then cut them in handsome joints, season them generously with salt and pepper, and roll them in flour. Cut the pork in thin slices, and fry it slowly in a large frying-pan. On taking up the pork, lay the pieces of chicken in the pan, and fry them slowly for half an hour, being careful to avoid burning. Turn the pieces when they begin to brown on one side.

The head of cauliflower should stand in salted cold water for an hour before the time for beginning to cook this dish. Just before putting the chicken on to fry, put the cauliflower in a kettle with two quarts of boiling water, and simmer gently for half an hour. When the cauliflower has been cooking for twenty minutes, add a generous table-spoonful of salt.

As soon as the chicken is put on to fry, put the pint of milk on the fire in a double-boiler. Mix the cream with two table-spoonfuls of flour, and when the milk begins to boil, stir this mixture into it. Cook for ten minutes, stirring occasionally; then add a heaping teaspoonful of salt and one-fourth of a teaspoonful of white pepper.

When the cauliflower is done, take it up and drain it; then place in the centre of a large dish. Pour half of the white sauce over it. Now arrange the chicken at the base of the cauliflower. Pour all the fat from the pan, and put the remaining white sauce into the pan. Put on the stove, and stir well from the bottom; and when the sauce boils up, pour it over the chicken. Serve at once.

Cooking the chicken sauce in the pan where the chicken was fried gives it more flavor, but also colors it; therefore it would not do to cook the sauce for the cauliflower in that pan.

* Chicken Stew with Dumplings.

The ingredients are: two young fowls, weighing about eight pounds, two quarts and a pint of boiling water, four table-spoonfuls of butter, six of flour, one large onion, six thin slices of carrot, six of turnip, salt and pepper for seasoning.

After cleaning the fowls and cutting them into pieces suitable for serving, wash these and put them into a large stew-pan. Add the water, and set the dish on to boil. Cut the vegetables very fine, and put them, with the butter, into a small frying-pan. Cook slowly for ten minutes, being careful that they do not burn. When they have acquired a light straw-color, draw them to the side of the pan, and press out all the butter with a spoon, and then put them into the stew-pan with the chicken. Into the butter remaining in the pan stir the dry flour, and cook until the mixture is smooth and frothy; then stir it into the stew, and add salt and pepper. Let the dish simmer gently for about two hours, after which draw it forward where it will boil rapidly, and put in some dumplings. These should be made as follows while the stew is simmering:—

Mix thoroughly in, and rub through, a sieve, a pint of flour, a teaspoonful of sugar, half a teaspoonful of salt, and two level teaspoonfuls of baking-powder. Make a soft dough of this mixture by stirring into it a small cupful of milk, and then stir the dough into a smooth ball. Put it on a board sprinkled lightly with flour, and after rolling down to the thickness of about half an inch, cut into small round cakes.

Stir the stew, and put in the dumplings. Cover tightly, and cook exactly ten minutes from the time the cover is placed over the pan. When the allotted time has passed, take up the dumplings immediately. Arrange the chicken and gravy in the centre of a large platter, and garnish with a circle of dumplings. Sprigs of parsley also may be used if you have any on hand.

* Stewed Chicken.

Use a fowl about a year old and weighing about five pounds. After singeing it and wiping it, cut it into handsome joints. Wash carefully, and dredge well with salt, pepper, and flour. Cut into bits a piece of chicken fat about the size of an egg, and cook it in a frying-pan until there are about four table-spoonfuls of liquid fat;

then remove any remaining solid particles from the frying-pan, and put in the pieces of chicken. Cook until they are brown on both sides, and then put them into a stew-pan.

When all the meat has been browned, cut an onion fine, and cook it slowly for five minutes in the fat remaining in the frying-pan. Add three table-spoonfuls of flour, and stir until brown; then add three pints of water, and stir until it boils. Next add half a cupful of stewed tomato, and enough salt and pepper to season highly. Strain this liquor over the chicken.

Put the heart, liver, and gizzard into the stew-pan, and after putting on the cover, set the stew-pan in a hot place on the stove. When the stew begins to boil, skim it, and set the stew-pan back where its contents will simply simmer for two hours. The dish should never be allowed to boil hard.

* Chicken Stew with Norfolk Dumplings.

For six persons use a pair of fowls weighing seven or eight pounds. Singe and draw them; then cut them into handsome joints. Dredge generously with salt and pepper, and then roll in flour. Spread in a dripping-pan, and then put in a hot oven for half an hour.

Put three pints of boiling water into a large stew-pan. Mix five table-spoonfuls of flour with one cupful of cold water, and stir into the boiling water. Now add half a teaspoonful of pepper and one table-spoonful of salt. Let the liquid simmer until the chicken is taken from the oven; and when the chicken is taken out, turn it into the stew-pan containing this gravy. Cover, and simmer gently for two hours and a half. At the end of that time taste the dish, to see if it needs any more salt and pepper. Add, at any rate, one teaspoonful of minced parsley. Stir the stew well, and after adding the dumplings, cook for eight minutes. Serve the chicken, dumplings, and gravy together on a large meat-dish.

Norfolk Dumplings. — Use one pint of flour, one gill of milk, two eggs, one table-spoonful of melted butter, one teaspoonful of salt, and one of baking-powder.

Mix the salt and baking-powder with the flour, and rub all through a sieve. Beat the eggs — yolks and whites separately — until very light, and add the milk to them. Pour the mixture upon the flour. Add the butter, and beat well. Drop the batter into the chicken stew by table-spoonfuls. Cover the pot closely, and cook for eight minutes.

These dumplings will not be light and spongy, like those made with soda and cream-of-tartar, but will be tender and savory.

Chicken Pie.

For a dish holding three quarts use two chickens weighing about eight pounds, half the quantity of paste given in the rule for chopped puff paste, three pints of chicken stock, four table-spoonfuls of butter, four of flour, two slices of carrot, half a large onion, a bay leaf, a sprig of parsley, a bit of mace, and salt and pepper to suit the taste, — perhaps half a teaspoonful of pepper and three teaspoonfuls of salt.

After cleaning and halving the chickens, put them into a kettle, cover them with boiling water, and place them where they will simmer until tender. If they be a year old they will need to be cooked for an hour and a half. Let them cool in the water; then free them of skin, and cut into pieces suitable for serving. Put these pieces into the pie-dish, sprinkling each layer with salt and pepper, — about half the pepper and two teaspoonfuls of salt being used.

Now put the butter into a saucepan, and beat it until soft. Add the flour, and beat until the mixture is light and creamy. Next add the vegetables, spice, and herbs, besides three pints of the water in which the chickens were boiled. Heat slowly to the boiling-point, and set back where the mixture will simmer for fifteen minutes. Add the remaining pepper, and a teaspoonful of salt; then strain the sauce over the meat. Roll out the paste, having it a little larger than the top of the dish. Cut it with a knife in the centre, that steam may escape, and place it over the chicken, turning the edge into the dish. Bake in a moderate oven for an hour and a quarter, and serve hot.

It gives the pie a rather more festive appearance if the paste trimmings be rolled thin, cut in ornamental shapes, and disposed on the cover of the pie before baking.

Chicken Pie to be Served Cold.

Use two chickens weighing together eight or nine pounds, two table-spoonfuls of salt, one teaspoonful of pepper, two bay leaves, two cloves, one slice of onion, two blades of celery, two quarts of water, one-fourth of a package of gelatine, six hard-boiled eggs, half a cupful of butter, and half a cupful of flour; and for the paste, follow the rule for chopped puff paste.

Draw, singe, and wash the chickens; then cut them into small joints, taking out the backbones and putting them aside. Remove the bones from the breasts; also the drumsticks. Put these with the backbones.

Season the pieces of chicken with half the salt and pepper. Melt the butter in a deep plate. Roll the chicken in this, and then in the flour. As fast as the chicken is coated with the butter and flour, lay it in a dripping-pan. Put the pan into a hot oven, and cook for fifteen minutes; then take the meat from the pan, and lay it in a dish to cool.

Now put the pan on top of the stove, and if there be any of the flour and butter left in the plates, scrape it into the pan. Add one cupful of cold water; and after stirring the mixture, cook it for five minutes, stirring all the while. Add half a teaspoonful of salt and one-fourth of a teaspoonful of pepper. Turn into a bowl, and cool.

Cut the liver into small pieces. Slice the hard-boiled eggs, and mix with the liver.

Butter the sides of an earthenware pie-dish that will hold about three quarts. Roll a piece of paste into a strip long and broad enough to line the sides of the dish. Put this in position, and then put a layer of chicken in the bottom of the dish. On this put a layer of the sliced eggs. Sprinkle with salt and pepper. Continue putting in alternate layers of chicken and egg until all the materials have been used. Over this filling pour the gravy that was made in the dripping-pan. Roll out a cover of the chopped puff paste. Make a small hole in the centre of the cover, and then place the paste over the dish. Press together the edges of the top and side crusts. Place the pie in a moderate oven, and bake for one hour and a half. At the end of that time, on taking it from the oven, place a tunnel in the opening of the crust, and pour in some stock, made with the chicken bones and other ingredients. Return the pie to the oven, and cook for half an hour longer. At the end of that time take it from the oven and set it away to cool.

The seasoning may be varied to suit one's taste. Instead of the hard-boiled eggs, two pounds of sausage meat may be used. In this case the pie will require an extra hour's baking.

Cold chicken pie is suitable for luncheons, picnics, or suppers.

To Make the Stock. — Put the neck and bones of the chicken into a stew-pan with three pints of water. Add the onion, spice, and herbs. Pour boiling water on the chicken feet. Let them stand for a few minutes; then take them out, and rub off the skin. Wash them, and put them into the stew-pan with the other ingredients. Place the stew-pan on the fire, and cook its contents for an hour and a half, boiling rather fast. Skim off the fat. Add the salt and pepper and the gelatine, which should previously have been soaked in half a pint of cold water for an hour and a half. Strain this stock before pouring it into the pie.

* Chicken-and-Rice Pie.

There will be required for this dish one fowl weighing about five pounds, one cupful and a half of rice, half a cupful of butter, two eggs, half a pint of milk, one slice of onion, one of carrot, two cloves, and some salt and pepper.

Clean the fowl, and cut it into joints; then put it into a stew-pan with three pints of boiling water and the vegetables and spice. Simmer until tender. Unless the fowl be old, the meat should become tender in an hour and a half; but it may require three hours' cooking.

When the chicken is cooked, add half a teaspoonful of pepper and three teaspoonfuls of salt, and set aside until the time for putting with the rice. Wash the rice, and put it on to cook in three quarts of boiling water. When it has been cooking for ten minutes, add two level table-spoonfuls of salt. Cook ten minutes longer, and then turn into a colander and drain well. After draining, add to it the butter, milk, one teaspoonful of salt, and the eggs, well beaten.

Put into an earthen baking-dish a layer of the chicken, and then a thin layer of the rice mixture; another layer of chicken, and finally the remainder of the rice. Pour over the rice one pint of the water in which the chicken was cooked. Place in a moderately hot oven, and bake for half an hour. Serve the pie in the dish in which it is cooked.

* Walled Chicken.

This dish is made of one large fowl or two rather small ones, eight potatoes of medium size, two eggs, four table-spoonfuls of butter, half a cupful of hot milk, three cupfuls of chicken stock, — the water in which the fowl was boiled, — one table-spoonful of chopped onion, one sprig of parsley, one slice of carrot, a bay leaf, two generous table-spoonfuls of flour, and salt and pepper to suit the taste.

It is best to boil the fowl the day before it is to be used. After cleaning it, put it in a stew-pan, breast side down, and cover with boiling water. When the water begins to boil, skim it, and set the kettle back where the chicken will simply simmer until tender, — from two hours and a half to three hours; then put the fowl away to cool in the water in which it was boiled. When it gets cold, free it of skin and bones, and cut it into pieces of a size suitable for serving. Season with salt and pepper.

Pare the potatoes, and, fifty minutes before serving-time, put them into a stew-pan with enough boiling water to cover them. When they have been cooking for fifteen minutes, the chicken should be prepared in the following manner: Put the three table-spoonfuls of butter into a frying-pan with the vegetables and herbs, and cook slowly for five minutes; then add the flour, and stir until smooth and frothy, but not long enough to permit it to get browned. Gradually add the cold chicken stock, stirring all the while. When the liquid boils up, add one-eighth of a teaspoonful of pepper and a teaspoonful of salt, and simmer for five minutes. Put the seasoned chicken into a stew-pan, and strain this sauce over it. Cover, and simmer for ten minutes; then set back where it will keep hot until serving-time.

When the potatoes have been cooked for half an hour, pour off all the water. Put the milk on the stove in a small basin. Mash the potatoes until smooth and light; then add the milk, one table-spoonful of the butter, and a teaspoonful and a half of salt. Beat the whites of the eggs to a froth, and stir this into the mixture. Heat a stone-china platter to a high temperature, and arrange the mashed potato as a border around the centre of the dish. Beat together the yolks of the eggs and two table-spoonfuls of water, and spread the mixture over the potato. Put into the oven for ten minutes, and at the end of that time pour the chicken into the centre of the border, and garnish with bits of parsley.

Any kind of cold meat, poultry, game, or fish may be served in this manner.

* Blanquette of Chicken and Macaroni.

For this dish use cold boiled fowl left from a dinner. Free the meat of skin, bone, and fat, and after cutting it into small strips, season it well with salt and pepper, and put aside for a while. There should be about a quart of meat. Break a quarter of a pound of macaroni into pieces about three inches long, and cover with two quarts of boiling water. Boil rapidly, but with the saucepan uncovered, for twenty minutes; then pour off the water, and add the chicken and one quart of the water in which the fowl was boiled.

Mix two table-spoonfuls of flour with half a cupful of cold milk, and when the mixture in the saucepan begins to boil, stir the new mixture into it. Season with one teaspoonful of onion juice, one teaspoonful of mushroom ketchup, and some salt and pepper. Cook for five minutes; then add two table-spoonfuls of butter, and cook three minutes longer. Add one teaspoonful of lemon juice. Serve very hot.

* Brown Fricassee of Chicken.

After singeing, drawing, and washing two large chickens, cut them into handsome joints. Season with salt and pepper, and roll the pieces in flour. Cut half a pound of fat salt pork into thin slices, and fry slowly, so as to extract all the fat. Remove the pork, and lay in the boiling fat enough chicken to cover the bottom of the pan. Brown on one side, and turn and brown on the other.

When all the meat has been fried, put three table-spoonfuls of flour into the fat remaining in the pan, and stir until brown; then gradually add a quart of cold water. When the water boils, season with salt and pepper. Add the fried chicken, and after covering closely, simmer for half an hour.

* White Fricassee of Chicken.

Free a cooked fowl of skin, bones, and fat, and cut it into small pieces. Season with salt and pepper. Put three table-spoonfuls of butter into the frying-pan, and when it has become hot, add two table-spoonfuls of flour. Stir until smooth and frothy; then gradually add a pint of the water in which the fowl was boiled, and season with salt and pepper. When this gravy boils up, add the cut meat, and simmer for ten minutes; then add half a cupful of cream or milk, and allow the fricassee to boil up once. Serve on a hot dish, with a garnish of toast.

Terrapin Chicken.

For this dish use one quart of cold cooked chicken, cut in very small pieces, the cooked liver of one or two chickens, three hard-boiled eggs, the yolks of two uncooked eggs, one cupful of chicken stock, one cupful of cream, a slight grating of nutmeg, one-third of a teaspoonful of pepper, one level table-spoonful of salt, four table-spoonfuls of sherry, three table-spoonfuls of butter, two of flour, and one teaspoonful of lemon juice.

Chop the chicken liver and hard-boiled eggs rather coarse. Add the chopped mixture to the chicken, and sprinkle the salt, pepper, and nutmeg over all these ingredients. Now put the butter in a frying-pan, and set the pan on the stove. Add the flour to the melted butter, and stir the mixture until it becomes smooth and frothy; then draw the pan back to some place where there is less heat, and gradually add the stock. Put it again on the hot part of the stove, and stir the contents for three minutes; then add the cream, after reserving four table-spoonfuls. Stir for one minute, and then put the chicken mixture into the pan, and simmer for ten minutes.

During this period beat well the yolks of the uncooked eggs, and put the cold cream with them. Taste the chicken mixture, as it may require a little more salt. Pour the beaten yolks and the cream into the frying-pan, and stir for one minute. On removing the pan from the fire at the end of that time, add the sherry and lemon juice, and serve at once.

Chicken à la Duxelles.

There will be needed for eight persons, two chickens, each weighing from three and a half to four pounds, one pint and a half of chicken stock, four table-spoonfuls of butter, three level table-spoonfuls of flour, three table-spoonfuls of chopped mushrooms, one teaspoonful of chopped parsley, one teaspoonful of onion juice, one table-spoonful of lemon juice, two table-spoonfuls of salt, one teaspoonful of pepper, and a pint of bread crumbs.

Cut the chicken into handsome pieces, as for frying. Sprinkle half the salt and half the pepper over the meat; then put it away in a cool place until the sauce is ready.

Beat the flour and butter together in a stew-pan until smooth and light. Heat the stock, and gradually add it to the mixture. Set the pan on the fire, and add to the sauce all the other ingredients except the lemon juice and crumbs. Cook gently for ten minutes; then remove the pan from the fire, and add the lemon juice to the sauce. Cover the pieces of chicken with this sauce, and let them stand until the sauce is cool; then roll them in the crumbs. Butter lightly the bottom of a flat pan, and lay the meat in the pan, being careful that the pieces do not touch each other. Place in a hot oven, and cook for twenty minutes. Serve with Bechamel or mushroom white sauce.

The chicken may be cut up and covered with the sauce and bread crumbs several hours before it is cooked. This dish is particularly good for a part of a dinner or luncheon for company.

Jellied Chicken.

If a three-pint mould is to be filled one must use a chicken or fowl weighing about two and a half or three pounds after being drawn, one-third of a box of gelatine, a slice of onion, a slice of carrot, a bay leaf, a clove, some hot and cold water, and salt and pepper in quantities to be determined by one's own taste.

Wash the fowl, and put it into a deep stew-pan with boiling water enough to cover it. Heat the water until it boils again; then skim carefully, and set the pan where the water will only bubble until the meat becomes tender. It is impossible to state just the length of time required for the cooking, because so much depends upon the age of the fowl; it may be an hour and a half or it may be three hours. When the fowl gets tender, remove it from the water, and put it away to cool; also set the water away. It may take several hours for both to become cold.

Meanwhile soak the gelatine in a gill of cold water for two hours. When the chicken liquor has become cool and has been skimmed, put a pint and a half into a saucepan with the clove, bay leaf, carrot, and onion, and simmer for ten minutes; then add a grain of cayenne, a level teaspoonful of salt, and the soaked gelatine. After straining this liquor through a napkin, pour a thin layer into a mould, and set away to harden.

Free the cold fowl of skin, fat, and bones, and cut it into thin strips. Season well with salt and pepper, and lay it lightly in the mould when the jelly becomes hard. Pour the liquid jelly over the meat, and again set the mould away. At serving-time dip it into warm water, and turn out on a flat dish.

Jellied chicken may be made of the remains of cold roast chicken or turkey, or boiled fowl or turkey. When there is no stock on hand, the bones of the cold chicken should be covered with water, and simmered for several hours to obtain a supply.

* Chicken à la Marengo.

Singe and cut up two chickens. Put a quarter of a pound of sliced fat salt pork into a frying-pan, and fry until crisp and brown ; then remove it, and put in the pieces of chicken, first rolling them in flour. Fry brown on all sides ; then transfer to a deep stew-pan.

Put two table-spoonfuls of chopped onion into the frying-pan, and when it has become browned, add two table-spoonfuls of butter and four heaping table-spoonfuls of flour. When the sauce gets brown, add a quart of chicken stock or any other good stock, and simmer for five minutes. Season with salt and pepper ; and after adding a cupful of strained tomato, and satisfying yourself that there is seasoning enough, strain the sauce upon the chicken. Cover, and simmer for twenty minutes ; then add a can of mushrooms, and cook ten minutes longer.

This dish must be highly seasoned, and at least an eighth of a teaspoonful of cayenne should be used.

Here is another receipt : Use two chickens, each weighing between three and four pounds, one can of mushrooms, half a cupful of clarified butter, six eggs, one dozen stoned olives, eight small triangles of toast, a pint and a half of clear beef stock, one gill of stewed and strained tomato, three table-spoonfuls of flour, three teaspoonfuls of salt, half a teaspoonful of pepper, one bay leaf, one sprig of parsley, two table-spoonfuls each of minced onion, carrot, and celery, and two cloves.

Put two level table-spoonfuls of butter and the minced vegetables into a small stew-pan. Place on the fire, and cook slowly for ten minutes; then draw forward, and stir until the vegetables are slightly browned. Add half the flour, and stir until it is brown. Draw back to a cooler place, and gradually add half the stock. Stir until it boils up; then add the herbs and cloves. Set the pan back where its contents will cook slowly for forty minutes.

Have the chickens drawn, singed, wiped, and then cut in joints, as for a stew. Season with half the pepper and two teaspoonfuls of the salt.

Put the remainder of the butter on the fire in a large frying-pan, and when it becomes hot, put in the chicken. Fry slowly for twenty-five minutes; then take up. Now pour about two table-spoonfuls of the fat remaining in the pan into a small frying-pan, and set aside. Put the remaining half of the flour in the pan from which the chicken was taken, and stir until a smooth and frothy mixture is formed. Draw the pan back, and add the rest of the stock. Cook for three minutes, and then add to the sauce in the stew-pan.

Put the chicken, olives, mushrooms, and strained tomato into a large stew-pan. Strain the sauce upon them, and place on the fire. Simmer gently for fifteen minutes.

While the chicken is cooking in the sauce, fry the eggs in the butter that was poured into the small frying-pan. They are not to be fried in the ordinary shape. Break the eggs, one at a time, into a small cup. Let the butter get hot in the pan. Now, with the left hand, tip the pan forward so that all the butter shall flow to one spot. Drop the egg into it; and as soon as it hardens a little on one side, turn it, and cook on the other side.

This should give an oblong shape. Take up the egg as soon as it is slightly browned. Cook all in the same manner.

Take up the chicken, and arrange it in a pyramid on a large dish. Garnish with the olives and mushrooms. Arrange the toast and fried eggs at the base. Pour the sauce over all, and serve. The olives and eggs may be omitted if one does not care for them.

Chicken Cutlets.

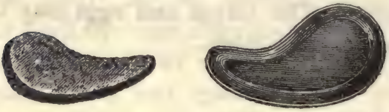
For a dozen and a half cutlets use a generous pint of cooked chicken, chopped rather coarse, a cupful of cream, three table-spoonfuls of butter, one of flour, one of salt, four level table-spoonfuls of fine-chopped mushrooms, four eggs, one pint of sifted crumbs, half a teaspoonful of pepper, half a teaspoonful of onion juice, one table-spoonful of lemon juice, and one teaspoonful of chopped parsley.

Mix the chicken with the salt, pepper, parsley, onion juice, lemon juice, and chopped mushrooms. Put the cream on the stove in a large frying-pan. Beat the flour and butter together until smooth and light, and when the cream begins to boil, stir this mixture into it. Stir constantly until the sauce boils again; then add the seasoned chicken, and cook for three minutes. Beat two of the eggs until light, and stir them into the boiling ingredients. Take the frying-pan from the fire immediately, and after pouring the contents into a flat dish, put them away to cool. It is well to set the dish in the open air in frosty weather, or to place it, when cool, on ice in the refrigerator for an hour or more; for the colder the mixture becomes, the more easily may the cutlets be formed.

Butter a cutlet mould thoroughly, and sprinkle some crumbs into it. Pack with chicken, and then give the mould a tap on the table, to make the cutlet drop out.

Again sprinkle the mould with crumbs, and pack as before. The mould is buttered only once, but is sprinkled with crumbs each time a new cutlet is formed.

When all the chicken has been used, beat the two remaining eggs in a deep plate, and put some of the crumbs in another plate. Drop the cutlets in the eggs first, and in the crumbs afterward. At serving-time put them into a frying-basket, being careful not to crowd them, and cook in boiling fat for two minutes. Drain well, and serve with white mushroom or Bechamel sauce.



Cutlet and Cutlet-mould.

If you do not possess a cutlet mould, — it costs only twenty-five cents, — use a knife to shape the chicken mixture like cutlets.

Turkey Cutlets with Chestnut Purée.

Make turkey cutlets the same as chicken cutlets. Heap a chestnut purée in the centre of a warm dish, and arrange the cutlets in a circle around it. Garnish with a few sprigs of parsley. Serve hot with Bechamel sauce in a separate dish.

For twelve people use the full rules for the sauce and purée and twice the rule for the cutlets.

Legs of Chicken à la Jardinière.

For this dish there will be required the legs of four chickens, — those from which fillets were taken for suprême of chicken, — eight dessert-spoonfuls of either chicken or liver force-meat, three pints of white stock, two table-spoonfuls each of chopped onion, carrot, turnip, and celery, a bit of mace, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, one sprig of parsley, four table-spoonfuls of butter, three of flour, eight paper ruffles, and three pints of turnip, carrot, and peas prepared à la jardinière. Directions for making the ruffles are given in the chapter on "Garnishes."

Bone the legs, being careful not to cut through the flesh. Now spread a dessert-spoonful of force-meat between the flesh where the bones were taken out, and in that part of the leg from which the drumstick was removed insert a small wing-bone. Sew the flesh together. When all are done, lay them flat in a stew-pan, and pour over them the stock, which should be boiling. Add the vegetables and seasoning. Place the pan on the fire, and after covering it, let its contents simmer for one hour. At the end of that time take them from the stew-pan, and arrange them in a large flat pan, having them lie perfectly flat, and being careful that they do not touch each other. Place another pan on top of them, and put some heavy weights in the upper pan (two bricks will answer). Set away in a cool place for two or three hours.

Strain the stock in which the legs were boiled, and skim off all the fat. Measure a generous pint of this liquid, and put it aside for the sauce. Now put the butter on the fire in a frying-pan. When it gets hot, add the flour, and stir until the latter becomes browned slightly. Draw the pan back, and gradually add the strained stock. Stir until the mixture boils, and then simmer for four minutes, stirring several times. Taste, to see if it requires more salt and pepper. Strain into a stew-pan, and put away until the chicken legs are cold.

Remove the weights from the legs after two or three hours have passed. Draw out the threads and trim the legs. Add a gill of stock to the sauce in the stew-pan. Put in the chicken legs, and simmer for fifteen minutes.

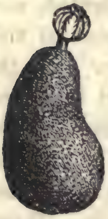
Heap the vegetables à la jardinière in the centre of a warm platter, and arrange the chicken legs around them. Slip the paper ruffles over the ends of the drumsticks. Pour the sauce around the legs, and serve at once.

Chicken Legs à la Villeroi.

Prepare the chicken legs as for a dish à la jardinière, but do not make the sauce until after the chicken has been pressed. Now make the sauce as before, but omit the extra gill of stock. Add to the sauce one table-spoonful of lemon juice and the yolks of two eggs beaten with two table-spoonfuls of cream. Take from the fire immediately, and put in the chicken legs. Coat every part with sauce, and let the chicken cool.

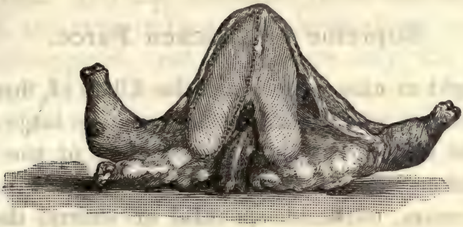
Now beat two eggs in a soup-plate; also have at hand a large plate of fine bread crumbs.

Take the legs, one by one, in the left hand, holding them by the drumstick, and, with a knife, spread the sauce evenly over them. Sprinkle with crumbs, and then cover them with beaten egg, pouring the egg over them with a table-spoon. Now roll in crumbs, covering every part. Have the board sprinkled with crumbs, and let the breaded chicken rest on this until it is finished. Put a few pieces at a time in the frying-basket, and cook in hot fat for two minutes. Arrange on a warm napkin in the centre of the dish. Garnish with a circle of sliced tomatoes. Put a generous teaspoonful of Mayonnaise or Tartar sauce in the centre of each slice of tomato. Send to the table a small dish of the same kind of sauce as that used on the tomatoes.

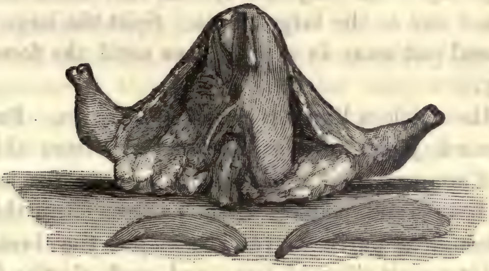

Stuffed Chicken Leg with Paper Ruffle.

How to Fillet Poultry and Game.

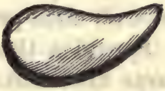
Cut the skin of the breast of a chicken or bird, and draw it back so as to leave the breast bare. Remove the crop. With a small, sharp knife, cut down through the centre of the breast, following the dotted line shown in the illustration, round the wish-bone and wing-bone, and also round on the side. Slip the fingers between the flesh and the breastbone, and press the flesh away from the bone. One-half of the breast will be detached, giving a smooth fillet-shaped piece of meat. There are two fillets in this piece, — the large and the minion. The minion fillet is on the under side, and may easily be separated from the larger one. Slip the point of the knife under the thin skin that covers the fillets, and draw it off as if you were skinning a fish. In the minion fillet there will be found a sinew, which should be removed. Wet the wooden vegetable-masher, and pound the fillets; also curve them a little. The minion fillets may be pounded gently until of the size of large fillets. Two of them may then be put together and lightly pounded again, to keep them in place. In this way every



Chicken.— Should be Cut on Dotted Lines.



Chicken with Two Fillets Removed.



A Fillet.

chicken or bird may be made to yield three large fillets. When the fillets are properly trimmed and curved, they will have the shape shown by the last cut on page 349.

Suprême of Chicken Farcé.

For eight or nine people use the fillets of three good-sized chickens, one can of mushrooms, one large chicken liver, the meat from the second joints of the legs of one chicken, one table-spoonful of stale bread, one gill of cream, one table-spoonful of sherry, the white of one egg, two table-spoonfuls of butter, one pint of consommé, salt, pepper, and a slight grating of nutmeg.

After filleting the chickens, separate the minion, or under, fillets from the large ones. Wet a board with cold water, and lay the fillets on it. Dip the wooden vegetable-masher into cold water. Now pat the small fillets gently until they are spread into about the same shape and size as the large fillets. Split the large fillets. Cover, and put away in a cold place until the force-meat is ready.

Boil the chicken livers for twenty minutes. Free the two second joints of the chicken legs from skin and bone. Chop and pound the meat to a paste; add the cooked livers, and pound a little longer. Rub this mixture through a purée sieve. Now put the bread and cream into a small saucepan, and cook slowly for ten minutes. Add the butter to this, and take from the fire. Mix well, and then add the chicken meat and liver, also the well-beaten white of the egg, the nutmeg, one generous teaspoonful of salt, and a grain of white pepper. Mix all until perfectly smooth.

Spread a thin layer of the force-meat between each large fillet and on three of the small fillets. Place the other three small fillets over those that are covered with force-meat, and press them together. They will now be about the same size and shape as the large fillets. Lay the fillets in a large frying-pan, having them slightly curved and the smooth side up. Cover them with buttered paper. Add the consommé, three table-spoonfuls of butter, and three table-spoonfuls of sherry, and heat to the boiling-point. Set back where they will simmer for an hour. Drain, and then simmer the can of mushrooms in one pint of suprême sauce for ten minutes. Heap the mushrooms in the centre of a flat dish, and arrange the fillets around them. Pour the sauce over them, and serve very hot.

Suprême of Chicken à la Parisienne.

Use the fillets of four chickens, one small can of truffles, one can of mushrooms, eight thin slices of red tongue, the white of one egg, one pint of consommé, half a cupful of clarified butter, one gill of glaze, one table-spoonful of salt, one pint of suprême sauce, one pint and a half of chicken-liver force-meat.

Fillet the chickens, and separate the minion fillets from the large ones. Curve them all the same way. Pour three table-spoonfuls of the clarified butter into a frying-pan, and let it cool in the pan. Now arrange the large fillets in the buttered pan, having the smooth side up and curving them all the same way. Sprinkle with salt. Cover the bottom of a smaller pan with clarified butter, and when the butter has cooled, arrange the small fillets in this pan, and sprinkle with salt. Cut two or three truffles in thin slices, and with small fancy-cutters stamp out stars and various shapes. Beat the white of the egg until well broken but not light. Brush a little of it on each of the large fillets. Now decorate with the fancy shapes of truffles. When all are done, brush lightly with the white of the egg. Let this dry, and then cover with a sheet of buttered paper. Set away in a cool place until time for cooking. Treat the small fillets in the same way, using, however, red tongue instead of truffles. Now make the liver force-meat (see chapter on "Garnishes"), and put it into a small, plain border-mould which has been well buttered. Put this away until time for cooking. Cut seven slices of tongue into the shape of fillets. Put these away also. Make the suprême sauce. Open the mushrooms. Chop the remainder of the truffles rather fine. Half an hour before serving-time put the mould of force-meat into a deep pan with hot water enough to reach two-thirds the height of the mould. Cover with buttered paper, and place in a moderate oven. When it has been in the oven for ten minutes, open the door. Have three or four table-spoonfuls of butter melted; take the papers from the fillets, and then baste with the melted butter. Replace the papers, and put the frying-pans into the oven with the force-meat. Cook twenty minutes, keeping the oven door open all the time. While these are cooking, put the pieces of tongue into a small stew-pan, with half the glaze and half a gill of consommé, and cook for ten minutes. Put the mushrooms into another stew-pan with the remainder of the consommé, and simmer for ten minutes. Reserve one gill of the suprême sauce, and put the chopped truffles into the remainder. Strain the consommé from the mushrooms, saving it for sauces, and put the mushrooms with the sauce. Drain the butter from the fillets. Remove the papers, and put half of the gill of reserved sauce over each pan of fillets. Cook this on top of the stove for four minutes, being careful not to let it get so hot that the sauce will boil. While this is cooking, turn the border of force-meat on a large flat dish. Pour the consommé from the pieces of tongue, and add the remainder of the glaze to them. Arrange the large fillets and the tongue alternately around this border. Pour the sauce and mushrooms into the centre of the border, and then arrange the minion fillets on the top. Serve at once.

TIMBALES.

Timbales are made in many ways. When prepared for entreés they can be made wholly of meat or fish; or they may be a combination of meat and some form of macaroni; or, again, of pastry and some rich ragout of meat or fish. The most popular are those made with force-meat and a rich ragout, or a combination of force-meat, macaroni, and a ragout.

In sweet dishes the timbale may be a crust of pastry, or a fancy cake filled with fruit or cream.

Rules will be given for the best timbales for entrées. As force-meat will enter largely into these preparations, the directions for making force-meat, in the chapter on "Garnishes," should be read carefully.

Timbales are made in very small moulds, holding from half a gill to a gill; or in one large mould. Where time is of great value, the large mould is the best to use. It makes a very effective dish when handsomely decorated. A charlotte-russe mould may be used for these large timbales.

Timbales made wholly or in part with force-meat may be decorated at the sides and bottom with truffles or red tongue. Cut the truffles or tongue in very thin slices, and then, with small fancy cutters, stamp out various shapes. Butter the moulds, and decorate the bottom and sides with the bits of truffle or tongue. Cover the sides and bottom with force-meat, being careful not to disturb the decorations.

When one large mould is used instead of several small ones, three times the quantity of filling must be used for the same amount of force-meat.

Chicken Timbales.

Great care is required in the preparation of this dish, which has become popular as an entrée in company dinners and luncheons. With the quantity of materials that will be given below, one quart mould or a dozen small dariole moulds may be filled, — enough for twelve persons. The work may be divided into three parts.

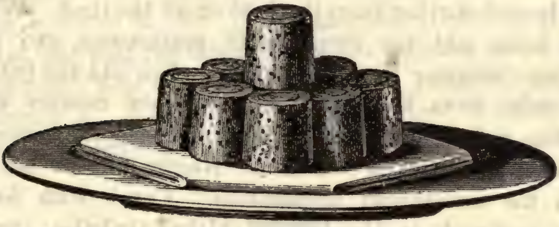
To Make the Force-meat. — Use the uncooked breasts of four chickens, one pint of cream, half a pint of stale bread, free of crust, six table-spoonfuls of butter, one blade of mace, one table-spoonful of salt, one-eighth of a teaspoonful of white pepper, and the whites of four eggs.

Chop the chicken breasts fine, and pound the meat to a paste; then rub it through a purée sieve. There should be a pint of the sifted meat. Put the bread, cream, and mace in a stew-pan, and cook gently for twenty minutes; then remove the mace, and, with a spoon, mash the bread and cream to a smooth paste. Add the butter, salt, pepper, and meat to this paste, and finally add the whites of the eggs, beaten to a stiff froth. Beat the mixture until all the ingredients are well blended; then set away to cool.

To Make the Filling. — Use three gills of cream, a pint of cooked chicken, cut into small cubes, four table-spoonfuls of chopped mushrooms, one of flour, a heaping teaspoonful of salt, one-eighth of a teaspoonful of pepper, and one table-spoonful of chopped truffles.

Reserve half a cupful of the cream, and put the remainder on to boil. Mix the flour to a smooth paste with the half-cupful of cold cream, and stir the mixture into the boiling cream. Boil for one minute; then add the chicken and other ingredients, and cook for three minutes longer. Take from the fire; and if the flavor of onion be liked, add a few drops of onion juice at this point.

Completion of the Work. — Butter the mould or moulds lightly, and after dotting the bottom and sides with bits of truffles, line them with force-meat, being careful to have every part well covered. The sides, near the rim, will require as thick a covering as any part of the mould. Now almost fill each mould with the chicken preparation, and cover with the force-meat, being careful to put on only a little at a time, and always to work from the outer edge until the centre is reached. Be careful, also, to have the surface of the contents of the mould flat, because if it be at all rounded the contents will be unstable when turned out on a dish. Place the moulds in a deep pan, and pour enough warm water into the pan to come almost to the rims of the moulds. Cover the tops of the moulds with buttered paper, and set the pan in a very moderate oven for twenty-five minutes. Everything depends upon the slow cooking. At serving-time turn the timbales out on a warm dish, and pour Bechamel cream sauce or Bechamel yellow sauce around them; or serve on a napkin.



Chicken Timbales.

Sweetbread Timbales.

Make the white chicken force-meat (see chapter on "Garnishes"). Make a filling with one large sweetbread or a pair of small ones, — there should be a half-pint when it is cut into dice, — three table-spoonfuls of chopped mushrooms, a scant half-pint of cream, one table-spoonful of flour, one teaspoonful of butter, half a teaspoonful of salt, one-eighth of a teaspoonful of white pepper, and one-fourth of a teaspoonful of onion juice.

Clean the sweetbreads, and then boil them in slightly salted water, for twenty minutes. Take them from the boiling water, and put them into a bowl of cold water for ten minutes. When they are perfectly cold, cut them into dice. Add the chopped mushrooms to them. Mix four table-spoonfuls of the cream with the flour. Put the balance of the cream into a small saucepan on the stove. When the cream boils, add the flour, pouring in slowly and stirring from the bottom all the time. When this boils, add the sweetbreads, mushrooms, and seasoning. Simmer for five minutes; then add the butter, and take from the fire. Decorate six moulds with truffles, and then line with the force-meat, the same as directed for chicken timbales. Nearly fill the moulds with the sweetbread preparation. Cover with force-meat, and cook as directed for chicken timbales. Serve with suprême or Bechamel sauce.

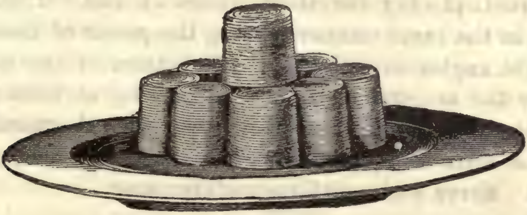
This may be made in one large mould; in which case use a pint-and-a-half charlotte mould. Use the same amount of force-meat, but three times as much filling.

Timbale à la Financière.

Make four times the rule of chicken force-meat (white meat is best, but the dark will do). Make half a pint of the force-meat into quenelles, shaping them in teaspoons. Poach these, and put them aside for the ragout. Now make a financière ragout. Butter a charlotte mould that will hold about a quart; line the bottom and sides with the force-meat, having it about an inch thick. Fill this with the ragout, leaving a space about an inch deep at the top. Cover with the remainder of the force-meat, having it perfectly smooth and level on top. Cover the surface with buttered paper. Put the mould into a deep pan, with boiling water coming to within an inch of the top. Put into the oven, and cook with the door open for three-quarters of an hour. At serving-time turn on to a warm dish, and gently raise the mould. Pour financière sauce round it, and serve at once.

Spaghetti Timbales.

Use the same materials as for chicken timbales, also three ounces of spaghetti. Have the force-meat and filling ready. Put two quarts of boiling water and one table-spoonful of salt into a fish-kettle if you have one; if not, put half the amount of water and salt into a large milk-pan. Lay the spaghetti in this, being careful not to break it. Boil gently for ten minutes. Pour off the water, and cover with cold water. Spread a clean towel on a board placed upon the table. Lift the spaghetti carefully, and spread it at full length on the towel. Butter twelve dariole moulds, and line them with the spaghetti. Begin in the centre of the bottom, and wind the spaghetti around spirally until the top of the mould is reached. This must be done loosely because the spaghetti will expand in cooking. Cover this with the force-meat, and proceed exactly as for chicken timbales. Serve with Bechamel yellow sauce.



Spaghetti Timbales.

Macaroni Timbales.

Cook and treat three ounces of macaroni the same as the spaghetti, except that it must boil fifteen minutes.

Measure the height of the moulds, and cut the macaroni in lengths to fit the moulds. Butter the moulds, and line the sides with the strips of macaroni. Line this with the force-meat, and proceed exactly the same as for the chicken timbales. Serve with Bechamel or suprême sauce.

Honeycomb Timbale.

For this use the rule for the force-meat for chicken timbales, and three times the rule for the filling; also four ounces of macaroni. Cook the macaroni the same as for macaroni timbales, and cut it into three-quarter-inch lengths. Butter a two-quart charlotte mould very generously. Cover the bottom of the mould with the macaroni, placing the short pieces on end. Treat the sides in the same manner, having the pieces of macaroni at right angles with those on the bottom of the mould. Cover the macaroni with a thin coating of force-meat, and then add the filling. Now cover with the remainder of the force-meat, and treat the same as chicken timbales. Serve with mushroom white sauce.

Chicken-Liver Timbale.

Make the rule for chicken-liver force-meat, and add to it one gill of Bechamel sauce. Mix thoroughly, and then add one pint of the breast of cooked chicken, cut into dice. Butter a three-pint charlotte mould, and put the mixture into it. It will not quite fill it. Cover with buttered paper, and place in a pan of boiling water. Cook slowly for one hour. Turn upon a flat dish, and pour Allemand sauce around it.

Veal Timbales.

Veal may be used for timbales in the same manner as chicken, but it must be cooked three times as long.

Game Timbales.

Partridge, grouse, quail, pigeons, etc., are prepared in timbales the same as chicken.

Salmon Timbales.

For a quart mould, or twelve of the smallest-sized dariole moulds, use a pound and a half of salmon, free of skin and bones; one pint of cream, half a pint of stale bread, three-quarters of a cupful of butter, half a cupful of mushrooms, three teaspoonfuls of salt, half a teaspoonful of pepper, a slight grating of nutmeg, and four eggs.

Cook the bread and cream together for ten minutes. Pound the salmon and mushrooms to a paste, and then rub through the purée sieve. Add the seasoning. When the mixture of bread and cream is cold, add this and the butter to the fish, and pound all together until thoroughly blended. Add the eggs, well beaten. Put this mixture into a well-buttered charlotte mould; cover with buttered paper, and cook for three-quarters of an hour. Serve with a lobster or anchovy sauce.

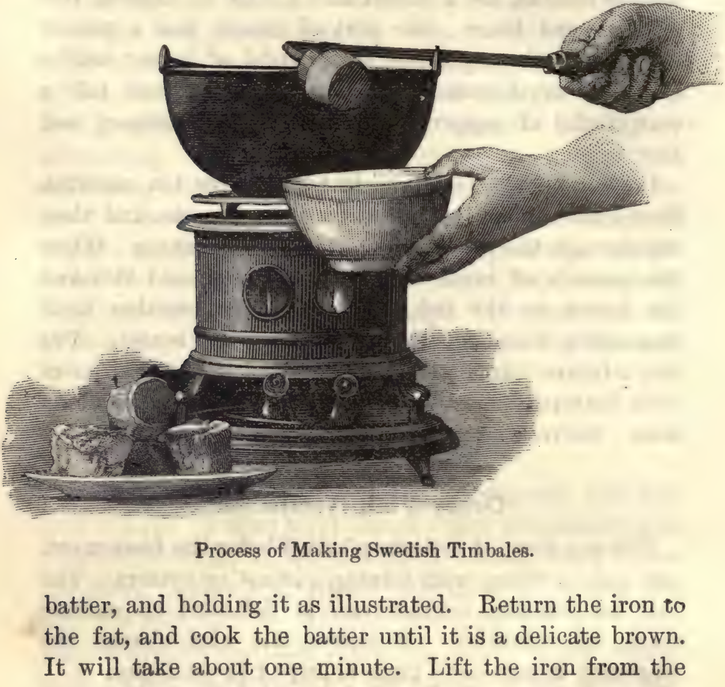
Other Fish Timbales.

Use any kind of delicate white fish for the force-meat, and make a filling with lobster, shrimp, or oysters. The rule for chicken timbale can be followed in making these fish timbales. Of course, one may change the seasoning to suit one's taste in any of these dishes.

Swedish Timbales.

For the shells use half a pint of flour, one generous gill of milk, two eggs, half a teaspoonful of salt, half a teaspoonful of sugar, and one table-spoonful of salad oil.

Beat the eggs until light, and then add the milk to them. Pour this mixture on to the flour, and beat to a smooth batter. Add the other ingredients, and beat two minutes longer. Put the timbale iron in a kettle of hot fat for about ten minutes. Take the bowl of batter in the left hand, and hold it near the kettle of fat; with the right hand lift the iron from the fat, and dip it into the batter, coating the iron about an inch deep with the batter, and holding it as illustrated. Return the iron to the fat, and cook the batter until it is a delicate brown. It will take about one minute. Lift the iron from the fat, and turn it over to drain all the grease from the timbale. Have a pan lined with brown paper, and drop the timbale into this. Continue this process until all the batter has been cooked.


Process of Making Swedish Timbales.

These timbale shells will be found delicate, crisp cups. After making a few it will be an easy matter to get the shapes perfect.

Arrange the shells on a dish, and put into each a heaping table-spoonful of any kind of meat or fish cut into dice and heated in a delicate sauce. Any of the ragouts given in the book may be served in these shells. They make a nice dessert if arranged on a dish, and one heaping table-spoonful of any kind of hot stewed and seasoned fruit be put into each one. The quantity of materials given will make about eighteen shells.

Macaroni Timbale à la Milanaise.

For a quart mould there will be required half the rule of the chopped puff paste, one quarter of a pound of macaroni, a cupful and a half of cooked chicken, half a cupful of chopped mushrooms, a pint of Bechamel yellow sauce, and some salt and pepper.

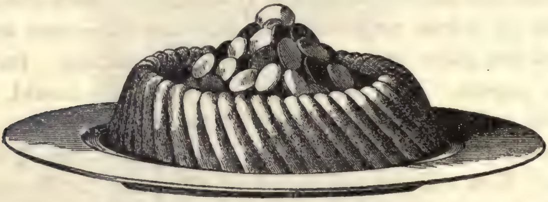
Make the paste, and chill it thoroughly. Now cut two pieces of white paper to line the mould, — one to fit round the sides and the other on the bottom. Butter these papers. Now butter a quart charlotte mould, and line it with about two-thirds of the paste. Place the buttered paper over the paste, and fill the mould with flour. Now roll the remainder of the paste to the shape of the top of the mould, but a little larger. Place this on top of the mould, and press the edges against the paste lining. Bake in a moderate oven for one hour. When done, take from the mould. Loosen, and lift off the cover. Turn the flour out of the case. Remove the paper, and fill the case with the macaroni preparation, which should be cooked while the pastry is baking.

Macaroni à la Milanaise is prepared in this way: Break the macaroni into small pieces, and put it into a stew-pan with three pints of boiling water and a teaspoonful of salt. Boil rapidly, with the cover off the pan, for half an hour. Now drain off the water, and add the chicken, cut into cubes, the mushrooms, one teaspoonful of salt, half a teaspoonful of pepper, and the hot sauce. Place the saucepan in another containing boiling water, and stir over the fire until hot. It will take about four minutes if the sauce and macaroni be hot. Pour this mixture into the case, and after putting on the cover, serve at once.

Any kind of nice ragout may be used to fill these cases, the timbale taking the name of the filling.

Liver-Force-meat Border, Garnished with Poultry Scallops.

Make the chicken-liver force-meat. Butter a pint-and-a-half border mould, — plain or fluted, — and pack the force-meat into it. Set in a cool place until an hour before the time for serving.



Force-meat Border with Poultry Scallops.

Cut the breast of a cold roast chicken or turkey into thin round slices about the size of a silver dollar. There should be a pint and a half of this meat. Add to this half a pint of mushrooms, cut in slices. Season with a generous teaspoonful of salt and one-fourth of a teaspoonful of pepper. Place in a cool room until time for heating.

One hour before serving-time place the mould of force-meat in a deep pan, and pour warm water into the pan until it comes within half an inch of the top of the mould. Cover the mould with buttered paper. Place the pan on top of the stove, and heat the water to the boiling-point.

Draw the pan back immediately where the water will keep nearly at the boiling-point; but it must not bubble.

When the force-meat has been cooking forty minutes, put the poultry and mushrooms into the double-boiler with half a gill of chicken stock. Set it on the stove, and at the end of fifteen minutes add one pint of Bechamel yellow sauce. Stir for five minutes, and then take from the fire.

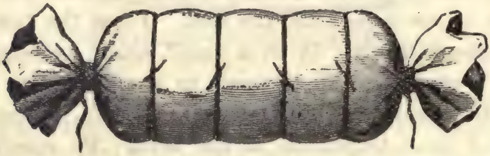
Turn the force-meat border on a warm platter. Fill the centre with the poultry scallops and sauce. Serve very hot.

Any kind of force-meat may be used for a border, and the filling may be of a rich or simple ragout of poultry, sweetbreads, or game. Force-meat borders of fish may be filled with any kind of delicate fish warmed in Bechamel, cream, or poulette sauce.

Galantine of Fowl.

Select a fowl weighing about five pounds. See that every part of the skin is whole. Singe, but do not draw the fowl; wipe it with a damp towel. Cut off the head, the tips of the wings, and the feet. Place the fowl on a board, breast down. With a small, sharp boning-knife, cut in a straight line through to the bone the whole length of the fowl. Now work the knife between the flesh and bone, beginning at the neck. Be careful not to cut through the skin. When the bones of the second joint of the wings have been freed from flesh, disjoint and remove them. Take out the bones from the first joints. It does not matter in a galantine if the skin be broken in the second joint. Continue the work until all the flesh has been freed from the bones. Take out the skeleton; spread the skin and flesh on the board, and remove the gross fat that will be found near the crop and near the vent at the other end. Draw the flesh of the legs and the wings inside. Cut all the tough tendons from the drumstick. Cut most of the meat from the legs, being careful not to take the skin too. Spread this on the parts of the fowl where there is little meat. Take the minion fillets from the breast, and lay them on the part from which the crop was removed. Dredge the fowl with two level table-spoonfuls of salt and one teaspoonful of pepper. Spread on this the force-meat described below, being careful so to dispose of the force-meat that when the fowl is served all parts will be equally thick.

To Make the Force-meat. — Chop very fine the raw, lean flesh of a fowl weighing about four pounds. Add to this one-fourth of a pound of finely chopped fat salt pork, half a cupful of fine cracker crumbs, two-thirds of a cupful of rich stock, one table-spoonful and a half of salt, half a teaspoonful of pepper, half a teaspoonful each of summer savory and sweet marjoram, one-fourth of a teaspoonful each of thyme and sage, — the herbs should be powdered, — one table-spoonful of onion juice, half a can of mushrooms, and a small can of truffles, cut rather coarse. The truffles may be omitted.



Galantine of Fowl.

Mix all these ingredients thoroughly. When the force-meat has been spread, sew up the fowl, keeping it about the same thickness its entire length. Place it on a strong piece of cloth; pin the cloth firmly about it, and tie it at both ends and in three or four other places, as shown in the cut. Put the bones of both fowls in a fish-kettle or ham-boiler, and lay the galantine on these. Place on the fire. Add boiling water enough to cover the galantine. Let it boil up; then skim it, and draw the kettle back where the water will only simmer. Add one small carrot, one onion, two stalks of celery, half a blade of mace, a stick of cinnamon, six cloves, a table-spoonful of pepper-corns, and a level table-spoonful of salt. Cover the kettle, and let the mixture simmer for three hours. Take the kettle from the fire, and let the galantine stand in the liquor for one hour. At the end of that time take up the galantine. Take off the cloth, and wipe the meat to free it of fat and moisture. Pin the galantine in a clean cloth, place a pan and two bricks on top of it, and let it stand in a cool place for several hours.

When the galantine is to be served, remove the cloth, and place the galantine in the oven for three minutes. Wipe it, and then brush it with glaze. Place it on a long dish, and garnish with aspic jelly and parsley or white celery leaves.

A turkey can be prepared in the same way. Thin slices of cold boiled red tongue are frequently spread over the boned fowl with the force-meat. The water in which the galantine and bones are cooked will answer for the aspic jelly. If a set of calf's feet be boiled with the other things, no gelatine will be required for the jelly.

Fillet of Partridge.

Fillet the partridges, and prepare the fillets the same as those cut from chickens.

Fillet of Cooked Partridges.

Use three cold roasted partridges, three table-spoonfuls each of chopped carrot, turnip, celery, six table-spoonfuls of chopped onion, three of flour, six of butter, one table-spoonful of lemon juice, one clove, a small piece of mace, one can of mushrooms, one gill of claret, one quart of water, and some salt and pepper.

Remove the fillets from the partridge. Free the second joints of the legs of skin and bone, and place them on the dish with the fillets. Cut all the tender bits of meat from the birds, and place them beside the second joints. Put the fillets and other portions of clear meat in a cold place until it is time to heat them.

Break up the bones of the three birds, and put them in a stew-pan with the water and any tough pieces of meat, such as the drumsticks and wings. Cover, and simmer gently for two hours. At the end of that time strain off the liquor and set it away to cool. When cold, skim off the fat. Now put the butter and chopped vegetables in a stew-pan, and cook slowly for half an hour. At the end of that time draw forward to a hotter part of the stove, and stir until the vegetables get browned slightly. Now add the flour, and stir until it turns a dark brown; then draw to a cooler place, and gradually add one pint of the liquor in which the bones were boiled. Now add the spice, a grain of cayenne, one-fourth of a teaspoonful of white pepper, and a level teaspoonful of salt. Simmer for half an hour, and then skim off the fat that will rise to the top. Add the mushrooms and all the partridge meat except the fillets, first seasoning the meat with salt and pepper. Cook gently for ten minutes; then add the lemon juice and half the claret, and cook two minutes longer.

As soon as the mushrooms and meat have been put on to heat in the sauce, put the fillets into a stew-pan with one teaspoonful of salt, a little pepper, half a cupful of the stock from the bones, and half the claret. Cook gently for ten minutes. Now heap the mushrooms and the meat in the centre of a warm dish. Arrange the fillets around this mound. Pour the sauce in which the fillets were warmed into the other sauce. Stir well, and pour over the mixture in the centre of the dish. A circle of stoned olives makes a pretty garnish for this dish. Serve very hot.

Fillets of Partridge à la Jardinière.

Fillet three partridges, and separate the minion fillets from the large ones. Season the fillets with salt and pepper, and then dip them in a mixture consisting of one table-spoonful of chopped parsley, one table-spoonful of lemon juice, and half a cupful of melted butter. Let the butter cool on them. Now dip them in two beaten eggs and then in bread crumbs. Be sure that they are well covered with the egg and crumbs. Fry them in boiling fat. The large fillets will cook in six minutes, and the small ones in four. Drain them on brown paper. Have a dish of vegetables prepared à la jardinière and arranged in the centre of a large dish. Rest the fillets against the mound of vegetables, and pour Bechamel cream sauce around the base. Serve very hot.

Fillets of Grouse.

Fillets of grouse may be prepared the same as fillets of partridge.

All the small birds may be filleted in the same way, but the time of cooking is only two-thirds as long as for the large ones.

Pigeon Cutlets.

For eight cutlets use four pigeons, one large egg, half a pint of Dutch sauce, a heaping teaspoonful of salt, a little pepper, and bread crumbs. Take the fillets from the pigeons, and season them with the salt and pepper. Have the egg beaten in a plate. Put one of the small wing-bones in the small end of each fillet. Have the sauce cold, and cover each fillet with it. Now roll the fillets lightly in the crumbs; then cover them with beaten egg, and roll again in crumbs. Place in the frying-basket, and cook in fat for five minutes. Drain, and arrange in a circle on a warm dish. Fill the centre of the dish with cone-shaped sweet-potato croquettes. Serve remoulade or Tartar sauce in a separate dish. Or the legs and body of the pigeons may be made into a ragout, and be poured into the centre of the dish. No other sauce will be required. Serve a dish of some delicate vegetable with the cutlets.

Another way of preparing pigeon cutlets is to use cold meat, and make exactly the same as chicken cutlets.

Salmi of Duck.

Use two cold roast ducks, a can of mushrooms, eighteen stoned olives, one pint of Spanish sauce, half a pint of clear stock, one gill of sherry, a table-spoonful of lemon juice, a teaspoonful of salt, a little cayenne, and twelve pieces of bread of triangular shape fried in butter.

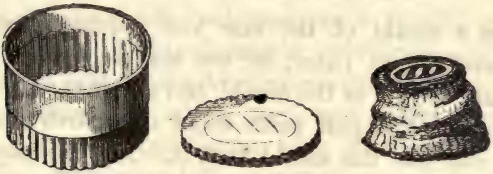
Cut the duck into handsome joints, and place it in a stew-pan. Sprinkle it with the salt and pepper. Pour the stock over it, and let it heat slowly to the boiling-point. Add the olives and mushrooms, and boil for five minutes. Now add the Spanish sauce, and cook until it boils. When the sauce boils, add the sherry and lemon juice, and cook one minute longer. Arrange the duck in a mound on a warm dish. Place the mushrooms and olives at the base, and finish with a border of the fried bread. Pour the sauce over the duck, and serve very hot.

This is a rich dish. The quantity given is enough for ten or twelve persons.

Pattie Cases.

Make the rule for puff paste or chopped puff paste. When it has been thoroughly chilled, place it on the board and roll it down evenly until about an inch thick.

Dip a pattie-cutter which will measure about three and a half inches in diameter into a plate of flour; shake off all the loose flour, and then cut out a round of the paste. Dip the cutter into the flour each time before cutting the paste. When all are done, dip a cutter two inches in diameter into a cup of boiling water, and then press it about two-thirds through the paste, in the centre. Put the patties into a flat baking-pan, having them at least an inch apart, and a little distance from the sides of the pan. Put the pan into a hot oven, and bake for ten minutes; now lessen the heat, and cook for twenty-five minutes longer. Take from the oven, and with a teaspoon lift off the covers, in the centres of the patties, and scoop out the uncooked paste that will be found beneath them, being careful not to break the shells. The cases are now ready to be filled with a hot preparation of fish or meat. If they are not to be used at once, put them away in a cool, dry place, and heat them at serving-time. Pattie-cutters may be plain or fluted, round or oval.



Pattie Cases.

Large Vol-au-vent Case.

Use one of the rules for puff paste. When the paste is thoroughly chilled, roll it down to the thickness of an inch and a half. With a sharp knife trim off the edges, giving the paste a slightly oval shape. It will now measure about nine inches in diameter. Trace a circle on this about two inches and a half from the edge.

Dip a case-knife into a cup of boiling water, and, following the circle, cut about two-thirds through the paste. Place the vol-au-vent in a large flat pan, being careful not to let the paste touch the sides of the pan. Bake for one hour. Have the oven very hot for the first ten minutes, and then reduce the heat. When done, take off the cover and scoop out the uncooked paste.

Large cutters come for vol-au-vents. If you have a set, use them the same as the pattie-cutters.

Vol-au-vent Baked in a Mould.

Have a mould of the size you require. Cut some plain stiff white paper, of the size and shape of the sides and bottom of the mould, and butter them. Butter the mould. Roll puff paste about one-fourth of an inch thick, and line the mould with it. Lay the papers on this. Now fill the mould with flour, and cover with white paper. Roll a piece of paste to fit the top, having it half an inch thick. Prick it with a fork. Cover the mould with this, pressing the edges of the cover and the lining of the mould together. Bake in a moderate oven for one hour. When done, lift off the cover, turn out the flour, and remove the papers. The case is now ready to fill with any preparation of fish, meat, or fruit. The flour may be sifted and used for bread. A two-quart charlotte mould may be used for the large vol-au-vent, and the small timbale moulds for the small vol-au-vents. This is the most economical mode of baking a vol-au-vent.

Various Kinds of Vol-au-vents and Patties.

A vol-au-vent or pattie case may be filled with any kind of delicate meat or fish heated in any one of the following-named sauces: white, Bechamel, poulette, clear brown, or mushroom. The meat must be free of fat, skin, and bones. It should be cut into cubes when cold. Season a pint and a half with one teaspoonful of salt, and one-third of a teaspoonful of white pepper. Heat this in one pint of sauce.

Fish is always improved by the addition of one teaspoonful of lemon juice, which should be put in after the hot mixture is taken from the fire.

Oysters should be heated to the boiling-point in their own liquor. They should then be drained, and added to a hot sauce.

Royal Vol-au-vent.

To fill a large vol-au-vent case use a pint of cooked chicken and half a pint of cooked sweetbreads, cut into cubes, half a pint of mushrooms, cut in small pieces, a generous half-pint of white stock, half a pint of cream, one small slice of carrot, one slice of onion, a bit of mace, three table-spoonfuls of butter, one of flour, one teaspoonful and a half of salt, one-third of a teaspoonful of pepper, and one teaspoonful of lemon juice.

Mix the flour and butter in a small saucepan. Add half the salt, pepper, vegetables, and stock. Place the saucepan on the fire, and stir its contents until the sauce begins to boil; then set back where it will only simmer for fifteen minutes. When that time has passed, strain the sauce into another saucepan. Add the mushrooms, and simmer for five minutes. Season the chicken and sweetbread with the remainder of the salt and pepper.

When the mushrooms have been cooking in the sauce for five minutes, add the cream, chicken, and sweetbread. Boil up once; then take it from the fire, and add the lemon juice. Put the mixture into a large vol-au-vent case. This filling will answer also for small patties.

Parisian Vol-au-vents.

Line and cover a dozen small dariole moulds as directed for vol-au-vent cases baked in moulds. Bake them in a moderately hot oven for twenty-five minutes. Take off the covers, and remove the flour and paper. Fill with a mixture prepared as follows: —

Clean a sweetbread and the brains of a calf, and boil for twenty minutes; then plunge them into ice-water, and when they are cold, cut them into very small dice, and season lightly with salt and pepper. Next put a cupful of cream on to boil. Mix a level table-spoonful of flour with a quarter of a cupful of cold cream, and stir into the boiling cream. Boil up once, and season with salt and pepper. Add the sweetbread and brains, and cook the dish for eight minutes.

After filling the vol-au-vents with this mixture, put the covers in place, and serve at once. Chicken and mushrooms may be substituted for the sweetbread and brains.

Vol-au-vent of Turkey.

For a large vol-au-vent use a generous pint and a half of cooked turkey, cut into cubes, one pint of cream, one table-spoonful of flour, one teaspoonful and a half of salt, half a teaspoonful of white pepper, and one teaspoonful of lemon juice. Season the turkey with the pepper and one teaspoonful of the salt. Mix the flour with four table-spoonfuls of the cream. Put the rest of the cream on the fire in a stew-pan, and when it boils, stir in the mixed flour and cream. Cook for one minute, stirring all the while. Now add the salt and onion juice, and lastly the turkey. Simmer for five minutes, and fill the vol-au-vent.

Italian Vol-au-vent.

Use a quarter of a pound of macaroni, six chicken livers, half a pound of fresh mushrooms or one can of mushrooms, one pint of stock, one table-spoonful of Parmesan cheese, four table-spoonfuls of butter, three of flour, two of strained tomato, two table-spoonfuls of chopped onion, one teaspoonful of chopped parsley, two teaspoonfuls of salt, and half a teaspoonful of pepper.

Break the macaroni into small pieces, and put it in a stew-pan with two quarts of water and a table-spoonful of salt. Boil it for half an hour.

Cut the chicken livers into cubes, and boil them for half an hour in water enough to cover them.

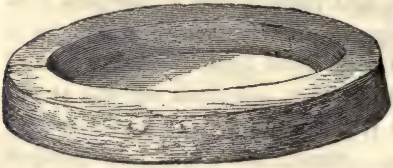
Put the butter, onion, and parsley into a stew-pan, and cook slowly for ten minutes. Draw the stew-pan to a hotter part of the fire after that time has passed, and add the flour. Stir until frothy, and then add the stock. Stir the mixture until it boils; then draw back, and let it simmer five minutes. Strain the sauce into another stew-pan, and add the salt, pepper, mushrooms, and chicken livers.

Drain the macaroni free of water, and add to it the strained tomato and the cheese. When the livers and mushrooms have been cooking in the sauce for ten minutes, put in the macaroni. Turn this mixture into a large vol-au-vent case, and serve at once.

Imperial Vol-au-vent.

For this vol-au-vent there will be required the rule for puff paste, the greater part of three chickens, a bottle of cock's-combs, truffles, and mushrooms, a pint and a half of suprême sauce, the rule for chicken quenelles, the white of an egg, one pint of clear stock, and some salt and pepper.

Make the puff paste, and chill it. When thoroughly chilled, roll it down to about one inch in thickness, being careful to get all parts of equal thickness. Lay an oval border mould on this, and with a sharp knife cut the paste in the form of the mould; cut out the centre of this paste, leaving a border about an inch and a half wide. Place this rim of paste where it will keep cold while the bottom is being rolled and cut. Roll the piece of paste that was cut from the centre to the thickness of a quarter of an inch. Lay the border mould on this, and cut out a piece the size and shape of the mould. Brush this over with the white of an egg which has been beaten with one table-spoonful of cold water. Put the ring of paste on this, and press slightly. Place on a large dripping-pan, and bake for three-quarters of an hour. Have the oven very hot for the first ten minutes; then reduce the heat for the remainder of the time. This vol-au-vent may be baked at the time it is to be served; or it may be baked the day before, and be heated in the oven just before being filled.

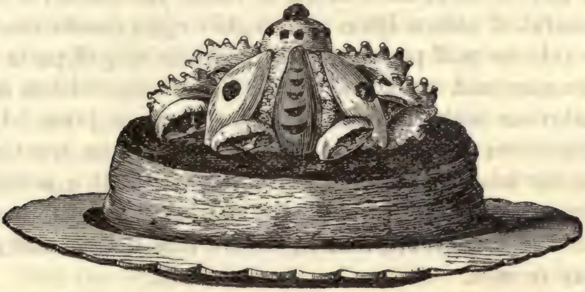


Imperial Vol-au-vent Case.

To Prepare the Filling. — Fillet the chickens. Use one-half of the fillets for the force-meat, and prepare the other half as for suprême of chicken, decorating them with truffles. Lay them in a buttered saucepan, and cover with buttered paper; and put them into the refrigerator until it is time to poach them.

Make the quenelles, but shape them in teaspoons. Make one quenelle round, for the top of the dish. Lay them in a buttered pan, and decorate with truffles; cover with buttered paper, and put into the refrigerator. Put the chicken legs into a stew-pan with boiling water enough to cover them, and let them simmer until tender. If the chickens are not more than a year old, they will probably be done in one hour. Let them cool in the water; when cold, take them from the liquor and free them of skin, fat, and bones. Cut the meat into pieces the size of a quarter of a dollar. There should be a generous pint and a half of meat. Season it with two level teaspoonfuls of salt and one-fourth of a teaspoonful of white pepper. Put this in a cool place until the time for putting the dish together.

Half an hour before serving-time, put the cock's-combs in a stew-pan with enough chicken stock to cover them, and cook fifteen or twenty minutes. Put the chicken fillets in a moderate oven, and cook for twenty minutes. Cover the quenelles with boiling chicken stock, and set on a part of the stove where they will keep at the boiling-point for twenty minutes. Heat the vol-au-vent in the oven with the door open; it will take about twenty minutes. Put the chicken which was cut up into a stew-pan with one pint of the suprême sauce, and cook for fifteen minutes. Heat the remaining half-pint of sauce. Put the mushrooms into a small stew-pan with one table-spoonful of butter, half a teaspoonful of salt, two table-spoonfuls of stock, and two table-spoonfuls of the sauce. Simmer for five minutes.



Imperial Vol-au-vent.

Take the vol-au-vent from the oven, place it on a flat dish, and fill it with the chicken and suprême sauce. Drain the fillets, quenelles, cock's-combs, and mushrooms. Dip them into the hot sauce, and arrange them on the top of the vol-au-vent, as shown in the illustration. This is a very elaborate dish, but it has this advantage, — it may be prepared the day before it is to be served.

Rissoles.

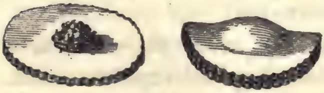
These may be made of any kind of cooked meat or fish, — the more delicate the better. The crust should always be of puff paste. The trimmings left from making pies, patties, or vol-au-vents may be used.

Chicken Rissoles.

For twelve rissoles use half a pint of cooked chicken, cut into dice, two table-spoonfuls of chopped mushrooms, two table-spoonfuls of butter, one table-spoonful of flour, one gill of milk, three drops of onion juice, a level teaspoonful of salt, a little pepper, two eggs, one-fourth of the rule for puff paste, or the trimmings of puff paste.

Prepare and chill the paste. Season the chicken and mushroom with the salt, pepper, and onion juice. Put the milk on to boil. Mix the butter and flour together, and stir into the boiling milk. Boil for half a minute, stirring all the while. Add the chicken and mushroom; cook for one minute, and then turn into a dish and set away to cool.

When the preparation of chicken is cool, roll the paste as thin as possible, and cut it out with a four-inch fluted pattie-cutter. Put a generous teaspoonful of the cold chicken in the centre of each round of paste; wet the edges with the white of one egg beaten with a table-spoonful of cold water; fold the paste over, and press the edges together. Have the white of one and the yolks of two eggs beaten with one table-spoonful of milk; cover the rissoles with this. When all are coated with the egg, put them into the frying-basket, and cook in hot fat for four minutes Drain, and serve at once.



Rissoles, before and after Folding.

This dish is served as an entrée. All kinds of rissoles are made in the same manner. When oysters are used they must be scalded in their own liquor, and be well drained before they are cut up. The seasoning of the preparations may be changed to suit various tastes.

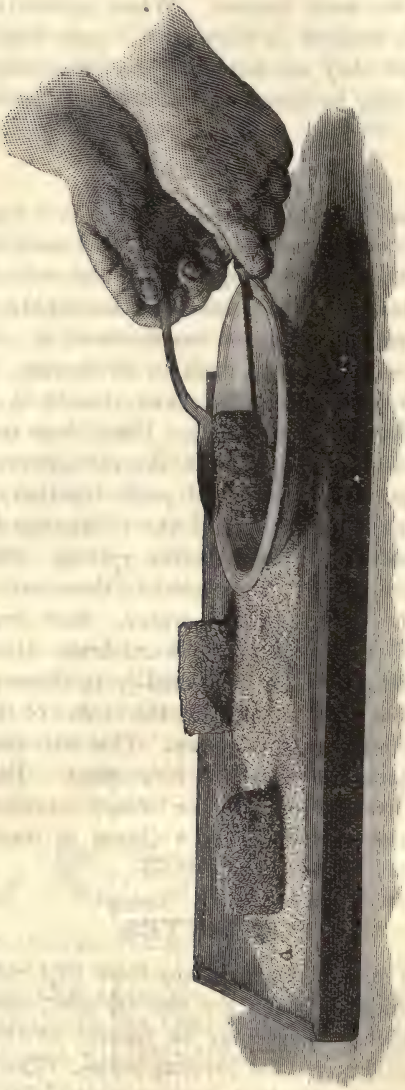
Anchovy Patties.

Make the anchovy force-meat, and add to it four tablespoonfuls of any white sauce. Keep cool until the time for making the patties. Make half the rule for puff paste, and let the paste become thoroughly chilled. When it is firm, cut off about two-thirds of it. Roll this to about one-eighth of an inch in thickness. Cut out with a large pattie-cutter as many rounds as possible (there should be about a dozen). Place these rounds on a tin sheet, and put them into the refrigerator. Now put the trimmings and the cold paste together, and roll out and cut as before. Should the trimmings have become very soft, chill them before rolling. Put a teaspoonful of the anchovy force-meat in the centre of each one. Wet the rims with cold water. Now cover with the rounds of paste that were cut out first. Have a second pattie-cutter half an inch smaller in diameter than the first. Press its blunt edge on the centre of the pattie and around the filling of anchovy. This will fasten the two sheets together near the force-meat. Bake in a rather quick oven for eighteen or twenty minutes.

These patties are served in a dinner or luncheon as an entrée.

CROQUETTES.

Croquettes may be made in any form that suits one's taste. The most common are the cylinder, cone, pear, and ball shapes. These may be formed by the hands. A hinged mould comes for forming cones. The cylinder and ball shapes are the best, because a very soft mixture

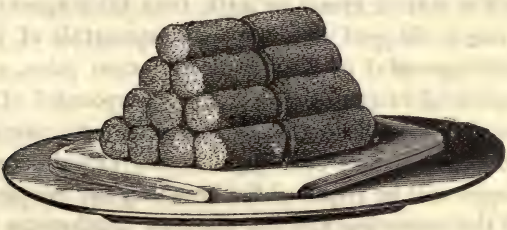


Breading Croquettes

may be shaped into this form, while the cone and pear shapes require a firmer mixture. The croquette preparation should be thoroughly chilled; if not, it will be a difficult matter to form the croquettes. There must be plenty of fine dried crumbs, a large smooth board, a beaten egg in a deep plate, a table-spoon and case-knife, or, better still, a palette-knife.

Sprinkle the board lightly with the crumbs. Shape the croquettes in the hand, and then roll them on the board, handling them carefully. When all are shaped, spread a thick layer of crumbs on one end of the board. Put a croquette in the plate of beaten egg, and with a spoon pour the egg over every part. Slip the knife under the croquette, and lift it to the bed of crumbs. Roll it in the crumbs until every part is coated; then lift it with the hand, and bring the ends down on the board with a light tap. This will give a regular, smooth shape to the ends.

When all the croquettes are breaded, they may be fried at once; or they may be put in a cool place and kept there twelve hours or longer. When ready to fry, put some into the basket, being careful not to crowd them. Fry in smoking hot fat for a minute and a half. Drain them on brown paper, arrange on a folded napkin, and serve very hot. A sauce is frequently served with them.



Croquettes ready for Serving.

If a mould be used to form the croquettes, butter it generously, sprinkle with dried crumbs, and pack it solid with the croquette mixture. Now draw out the wire that holds the two pieces of the mould together, take out the croquette, fasten the mould again, and proceed as before. The mould is to be buttered only once, but it must be lined with crumbs each time a croquette is formed.

If the mould makes a larger croquette than you wish, only partially fill it. Remember that the mixture must always be packed solid, or the shape will not be good. When croquettes are formed in a pear shape, they should be arranged on a dish with the large end down, and a bit of parsley stuck in the stem end of each one.

Sweetbread Croquettes.

For a dozen croquettes use one pint of sweetbreads that have been boiled for twenty minutes, and then cooled, and chopped rather fine. It will take two or three pairs of sweetbreads for this; or, if weighed after being cleaned, about one pound and a quarter. With the sweetbreads use half a pint of cream or milk, four table-spoonfuls of mushrooms, chopped fine, two table-spoonfuls of butter, one table-spoonful of flour, one of lemon juice, a level table-spoonful of salt, one-third of a teaspoonful of white pepper, a slight grating of nutmeg, half a teaspoonful of minced parsley, and two eggs. Some crumbs and two extra eggs will be required for breading the croquettes.

Add the seasoning and the chopped mushrooms to the chopped sweetbreads. Put the cream into a frying-pan, and place on the stove where it will heat slowly. Beat the flour and butter together, and add the mixture to the cream when the latter boils. Stir until smooth; then add the sweetbread mixture. Stir well, and simmer for three minutes. Now add the two eggs, well beaten. Stir quickly into the boiling mixture, and take from the fire immediately. Pour this on a platter, and put away in a cool place. It should stand for two or three hours. When cool and firm, shape into croquettes; then bread and fry. Serve with mushroom white sauce or Bechamel yellow sauce.

Chicken and Mushroom Croquettes.

For eighteen croquettes use one pint of cooked chicken, chopped rather fine, half a pint of mushrooms, chopped fine, three gills of cream, four table-spoonfuls of butter, two level table-spoonfuls of flour, three teaspoonfuls of salt, half a teaspoonful of white pepper, one table-spoonful of lemon juice, one teaspoonful of onion juice, three eggs, and crumbs and two extra eggs for breading. Make these the same as the sweetbread croquettes. Serve with mushroom white sauce.

* Mutton Croquettes.

Chop rather fine enough mutton to make a solid pint, and season with a level table-spoonful of salt, half a teaspoonful of pepper, and one table-spoonful of lemon juice. Put a cupful of milk or cream into the frying-pan, and while it is heating, beat together, until light and creamy, one table-spoonful of flour and three of butter. Stir this mixture into the boiling milk. Add the seasoned mutton, and stir the dish until it boils; then let it boil for three minutes, and after adding two well-beaten eggs, and stirring well, remove from the fire immediately, and turn out upon a platter to cool. Sprinkle a board slightly with crumbs, and when the mixture has become cool, take a dessert-spoonful in the hand and give it a cylindrical shape; then roll lightly upon the crumbed board. Shape all the mixture in this manner.

Beat two eggs in a soup-plate until they are thoroughly broken, but not so long as to make them light.

Spread part of the board thickly with crumbs. Dip the croquettes, one by one, into the beaten eggs, and then roll in the crumbs, being careful that every part is covered. When all have been treated in this way, put a few at a time into the frying-basket, and plunge into boiling fat. Cook until they are a rich brown. The fat should be so hot that two minutes will suffice; if it be not hot enough when the croquettes are put in, they will crack open.

If croquettes be desired for breakfast, they may be shaped the previous day, and kept in the ice-chest until the time for frying. Any kind of meat may be used in place of mutton; and if one like the flavor of onion, a teaspoonful of the juice may be used at the outset, with the other seasoning.

* Meat-and-Hominy Croquettes.

Put half a cupful of milk into a frying-pan, and heat to the boiling-point; then stir into it a cupful of boiled hominy, a cupful of fine-chopped meat, a teaspoonful of salt, an eighth of a teaspoonful of pepper, and two table-spoonfuls of butter. Stir well, and when the mixture begins to boil, add one well-beaten egg. Cook a minute longer, and then spread upon a platter to cool. When cold, shape into little cylinders about three inches long, and after rolling these in beaten egg and then in bread crumbs, fry in fat until brown, — say two minutes. All the work except the frying may be done a day in advance.

Chestnut Croquettes.

Use fifty Spanish chestnuts, two gills of cream, three table-spoonfuls of butter, one-fourth of a teaspoonful of salt, four eggs, and some sifted bread crumbs for breading the croquettes.

Shell and blanch the chestnuts. Put them in a stew-pan with enough boiling water to cover them, and boil for thirty minutes. Drain off all the water, and pound the chestnuts in the mortar. When they are very fine, add one table-spoonful of the butter, and continue pounding until it is well mixed with the chestnuts. Now add the remainder of the butter and the salt, and pound for ten minutes longer. Add the cream, a little at a time.

When all the cream has been worked into the chestnuts, rub the mixture through a purée sieve. Beat three eggs till light, and then beat them into the strained ingredients. Put the mixture into the double-boiler, and cook for about eight minutes, stirring all the while. It should be smooth and thick at the end of this time, if the water in the outer boiler has been boiling rapidly all the while. Spread it on a large platter, and set away to cool. When the mixture is cold, butter the hands slightly, and shape the mixture into cylinders, cones, or balls. Bread these with the fourth egg and the fine crumbs. Fry for one minute and a half. Arrange on a warm napkin, and serve at once.

These are nice with roast turkey or any kind of roasted or broiled poultry. If served by themselves, as an entrée, pour Bechamel cream sauce or suprême sauce around them.

* Sweet-Potato Croquettes.

For eight croquettes use enough boiled sweet potatoes to make a pint when mashed, half a cupful of hot milk, two generous table-spoonfuls of butter, one teaspoonful of salt, two eggs, and some crumbs for breading.

When the potatoes have been mashed smooth and light, beat into them the hot milk and then the salt and butter. Next beat one egg until light, and beat this into the mixture, which should now be shaped into croquettes. Beat the second egg in a soup-plate. Cover the croquettes with this egg, and roll them in the bread crumbs. Fry in fat till they turn a rich brown. Serve at once.

These are nice to serve with game.

If the croquettes be preferred flavored and sweetened, add to the mixture two table-spoonfuls of sugar, a slight grating of nutmeg, and one table-spoonful of lemon juice. The simpler mode is, however, the better, if they are to be an accompaniment of meat or game. When served with a sauce, as an entrée, the flavoring and sweetening should be used.

* Rice Croquettes à la Parmesan.

For eighteen croquettes use half a cupful of raw rice, three gills of stock, one cupful of strained tomato, three table-spoonfuls of butter, four table-spoonfuls of grated Parmesan cheese, one teaspoonful of salt, one-tenth of a teaspoonful of cayenne, one teaspoonful of onion juice, four eggs, and crumbs for breading.

Wash the rice, and, putting it in a stew-pan with the stock, boil it for ten minutes. Now add the strained tomato, the onion juice, salt, and cayenne, and cook for twenty minutes longer.

When the rice has been cooking for half an hour, try a few grains, and if they be tender, add the cheese and two of the eggs, well beaten. Stir for one minute, and take from the fire immediately. Spread on a platter, and set away to cool. When cold, shape, and then bread with the remaining two eggs and the crumbs. Fry for one minute and a half. Arrange on a warm napkin, and serve very hot.

Baked Croquettes.

The materials are: a pint of fine-chopped cooked meat, — any kind will do, — one cupful of milk, three table-spoonfuls of butter, one of flour, one level table-spoonful of salt, half a teaspoonful of pepper, three eggs, one teaspoonful of chopped parsley, and one cupful of dried, pounded, and sifted bread crumbs.

First beat the three eggs. Mix the seasoning with the chopped meat. Put the milk on the stove in a frying-pan. Mix the flour and butter, and stir the mixture into the milk when it begins to boil. Now add the seasoned meat, and cook for two minutes, being careful to prevent it from burning. At the end of the two minutes add half the beaten eggs. Stir rapidly for five seconds, and take from the fire instantly. Spread on a flat dish, and set away to cool. When the mixture becomes cool, set it on ice, to harden; at the same time cover the remainder of the beaten egg, and put it in a cool place. All this should be done one or two hours before the meal is to be served, that the mixture may have time to get cold and firm.

When the hour for cooking the croquettes comes, form the mixture into balls or cylinders, using about a tablespoonful for each. Sprinkle a board lightly with crumbs, and roll the croquettes into perfect shapes on it. Next pour the beaten egg into a soup-plate. Lay the croquettes in the plate, one at a time, and with a spoon dip up some of the egg mixture and pour it over each croquette. Lift the croquette by slipping a knife under it, and place it on a thick bed of crumbs. Roll it lightly until every part is covered with crumbs; then roll it to a clean part of the board. When all are finished, make the sauce, the receipt for which is given on the next page.

Butter the bottom of a shallow cake-pan. Put a thin layer of the sauce in the bottom; then lay the croquettes in the pan, being careful that they do not touch each other. Baste them with the sauce, and then put the pan into a very hot oven. Cook until brown, — say for ten minutes. At the end of the first five minutes baste again with the sauce. Serve on a hot dish, with the remaining sauce poured around them.

If the croquettes are for breakfast, all the work except the baking may be done the day before. These croquettes may be put into a frying-basket instead of a pan, and kept in boiling fat for a minute and a half, when they will be found to be perfectly brown and much more creamy than when baked. But people who do not relish fried food, or cannot digest it easily, may find baked croquettes very palatable.

Brown Sauce for Croquettes. — Put two table-spoonfuls of butter into a frying-pan with one slice of onion, one of carrot, one clove, and a bay leaf. Cook all together until the butter begins to turn brown; then add one table-spoonful of dry flour, and stir until it turns dark brown. Now draw the pan back, and gradually add one generous cupful of stock. Add also a level teaspoonful of salt and one-fifth of a teaspoonful of pepper. Cook for five minutes; then strain, and it will be ready for use.

Aspic de Foie Gras.

This should be made in a small round or oval border mould, although any mould will do. For one of the smallest jars of foie gras, use half the rule for aspic jelly, one truffle, and the white of one hard-boiled egg.

Place the mould in a pan, and surround it with ice and a little water. Pour the liquid jelly into the mould to the depth of half an inch. Let this stand until it hardens; then decorate it with the white of the egg and the truffle, which have been cut in thin slices and stamped out with fancy vegetable cutters. Moisten these with a little liquid jelly, and let them stand about ten minutes, so that the jelly may harden and hold them in place. Next gently pour in another layer of jelly, about one-fourth of an inch thick; let this harden. Scrape all the fat from the foie gras, and dip it for half a minute into hot water. Wipe it dry, and cut it in slices and then in pieces about an inch square. Spread a layer of these over the congealed jelly; cover this with liquid jelly, and wait until the jelly begins to harden before adding the second layer of foie gras.

When the second (and last) layer of foie gras has been added, pour over it enough jelly merely to moisten it. When this is firm, cover with the remainder of the liquid jelly. Set away in a cool place for three hours, or longer. At serving-time put the mould into tepid water for about five to eight seconds. Loosen the jelly at the top, and see if it will come away from the sides. Turn on a large flat dish. If a border mould has been used, heap Tartar green sauce in the centre. Garnish the border of the dish with stuffed olives. This is an elegant dish for luncheon or supper.

Aspic of Chicken.

Use half the rule for the aspic jelly, a pint and a half of tender cooked chicken, free of fat, skin, and bone, and cut into dice, three slices of the red part of a carrot, cooked, and three of cooked beet, the white of one hard-boiled egg, one teaspoonful of salt, and one-third of a teaspoonful of pepper.

Prepare the mould as for foie gras, but decorate it with the carrot, beet, and white of the egg. When the layer of jelly, which completely covers the vegetables, is hard, season the chicken with the salt and pepper, and arrange it on top of the jelly, being careful to leave a space of about one-third of an inch between the sides of the mould and the meat. With a spoon sprinkle about a gill of the liquid jelly over the meat, and let it stand about half an hour to harden. At the end of that time pour the remainder of the jelly into the space between the sides of the mould and the meat. Let this stand several hours.

At serving-time turn on a flat dish, the same as the aspic de foie gras. Fill the centre with a pint and a half of crisp celery, finely shaved, and mixed with three gills of mayonnaise. Be careful not to let a drop fall upon the aspic. Garnish the border with delicate sprays of white celery leaves. Lay a star or leaf of red beet on each spray. This decoration gives the needed bit of color; but care must be taken that the whole arrangement is so light and delicate that it gives an appearance of lightness rather than weight to the dish.

Aspic of turkey, grouse, or duck may be prepared in the same manner as chicken.

Aspic of Sweetbreads.

Boil three large heart sweetbreads in one quart of consommé for half an hour. Cool and wipe them. Then proceed exactly as for aspic de foie gras. At serving-time fill the centre of the dish with the celery and mayonnaise, as for chicken. Garnish the dish with stoned olives.

Aspic of Lobster.

Prepare this dish in the same manner as aspic of chicken, but use dice cut from the pink meat of the lobster, instead of the vegetables, and the white of an egg for the decorations. Garnish the border of the dish with the delicate heart leaves of lettuce. Place two or three leaves together, and put a dessert-spoonful of mayonnaise in each group of leaves.

Aspic of Shrimp.

Shrimp may be prepared and served in aspic in the same way as lobster.

* Batter for Fruit Fritters.

Use one cupful of flour, half a cupful of milk, two eggs, one table-spoonful of sugar, one table-spoonful of melted butter, half a teaspoonful of salt, and the yellow rind of one-fourth of a lemon, grated.

Mix the dry ingredients together. Beat the eggs light, and add the milk to them. Pour this on the dry mixture, beat well, and add the melted butter. When convenient, oil is much better than butter in a batter, because it mingles freely with every part of the mixture. Butter congeals slightly unless the mixture is warm, which is not desirable. This batter is very good with only one egg.

* Apple Fritters.

Pare and core six large apples. Cut these in round slices about one-third of an inch thick, and lay them in a bowl. Sprinkle over these three table-spoonfuls of sugar, one fourth of a grated nutmeg, and the juice of a lemon. Let them stand for half an hour or more. Four table-spoonfuls of wine may be substituted for the lemon juice, if desired.

Make the fruit-fritter batter. Dip the slices of apple into it, coating each slice thoroughly. Lift the slices of apple from the batter by passing a fork or skewer through the hole, drop them into the hot fat, and cook for three minutes. As soon as the fritters are done, take them from the fat and drain them on brown paper. Arrange them in a circle on a flat dish, sift powdered sugar over them, and serve very hot.

* Banana Fritters.

Pare six bananas. Cut each one in two, and split each half. Put the pieces of banana into a bowl with two table-spoonfuls of sugar and three table-spoonfuls of orange juice or wine, and let this preparation stand for an hour. Make a batter, and cook the same as apple fritters.

* Orange Fritters.

Pare the oranges, and with a sharp knife cut them in slices about half an inch thick. Take out the seeds, dip the slices in batter, and fry. Drain, arrange on a warm dish, sprinkle with sugar, and serve hot.

* Peach Fritters.

Peel the peaches, and cut them in quarters. Dip them in batter, and fry. Serve hot, with sugar sprinkled over them.

Apricot fritters are made in the same way.

* Pear Fritters.

Treat ripe pears the same as apples. They may be cut in quarters or slices.

* Grape Fritters.

Have the grapes in clusters of five or more, and dip them in batter. Fry for one minute and a half. Drain them, and serve, sprinkled with sugar.

* Pineapple Fritters.

Pare and slice the pineapple, and cut the slices into small pieces. Treat the same as apple fritters.

Custard Fritters.

For the custard use one pint of milk, one gill of sugar, three table-spoonfuls of corn-starch, one table-spoonful of butter, half a teaspoonful of salt, two eggs, the grated yellow rind of one lemon, one-eighth of a small nutmeg, grated, and two table-spoonfuls of gelatine.

Soak the gelatine for two hours in four table-spoonfuls of the milk. Mix the corn-starch with half a cupful of the milk. Put the remainder of the milk, the grated lemon rind and nutmeg, on the fire in the double-boiler. When the milk is hot, add the sugar. Beat the eggs well, and add them to the mixed corn-starch and milk. Add the salt to this mixture, and stir into the boiling milk. Cook six minutes, stirring all the time. Now add the soaked gelatine and the butter. Take from the fire. Butter a shallow cake-pan, and pour the hot mixture into it. It should be nearly an inch deep when spread in the pan. Place the pan where the mixture will get icy cold. When it is time to fry the fritters, beat two eggs in a soup-plate, and add to them one tablespoonful of sugar, the grated yellow rind of a lemon, and a slight grating of nutmeg. Cut the custard, which will now be firm and smooth, into two-inch squares; cover them with the egg mixture, and roll in fine bread crumbs. When all are breaded, give them a second coating of egg and crumbs. Cover the bottom of the frying-basket with the fritters, being careful that they shall not touch each other. Fry in fat so hot that a blue smoke will rise from the centre. Cook for two minutes. Drain on brown paper, arrange on a napkin, sprinkle with sugar, and serve hot.

Royal Fritters.

Use one scant pint of sifted flour, half a pint of water, one gill of butter, half a gill of sugar, the grated rind and juice of one orange, and five eggs.

Put the water, butter, orange juice and rind on the fire, in a large saucepan. Heat the mixture slowly to the boiling-point. When it boils, add the sugar and then the flour, turning in all the flour at once. Beat well with the wooden vegetable-masher, keeping the saucepan on the fire all the while. At the end of three minutes the paste will be cooked enough. Turn it into a bowl, and set away to cool.

When cold, beat in the eggs, one by one, using the hand instead of a spoon. It will take about twenty minutes to beat the mixture light. Put a small quantity of the batter into a little pattie-pan, and place in a hot oven for fifteen minutes. If it rises to three or four times its original size, it is beaten enough; but if not, use a spoon, and beat the mixture for ten minutes longer. Scrape the paste from the sides of the dish, and gather it all in the centre of the bowl. Cover with a damp towel, and place in the refrigerator until it is time to cook it. Then drop it by dessert-spoonfuls into hot fat, and cook ten minutes. The fritters will puff up and crack open.

Or the paste may be rolled into small balls and fried in the same manner. This will give a round and more regular shape than dropping from the spoon. Drain the fritters, arrange them on a fringed napkin, and sprinkle sugar over them.

Sometimes a clear wine or orange sauce, or a sabayon sauce, is served with these fritters.

* Corn Fritters.

These are the necessary materials: half a can of sweet corn, a cupful of flour, half a teaspoonful of sugar one heaping teaspoonful of salt, one fourth of a teaspoonful of pepper, one table-spoonful of salad oil, an egg and half a cupful of milk.

Beat the egg light, and add the milk to it. Pour the mixture upon the flour, and beat well; then add the salt, pepper, sugar, and oil. Mix thoroughly, and add the corn. Drop the mixture, by table-spoonfuls, into boiling lard, and cook about three minutes. Drain on brown paper, and serve very hot.

Noukles à la Viennoise.

For the noukle paste there will be required half a pint of consommé, half a cupful of butter, one scant pint of flour, half a cupful of grated Parmesan cheese, one-eighth of a teaspoonful of cayenne, and three eggs.

Put the consommé and butter on the fire in a large stew-pan. When the mixture boils, stir in the flour and cayenne, and cook for about three minutes, beating all the while. Add the cheese; take from the fire, and beat two minutes longer; turn into a bowl, and put away to cool. When the paste is cool, beat the eggs, one at a time, into it. Beat vigorously for ten minutes. Shape the paste like quenelles, using about a teaspoonful for each one, and lay these on a buttered plate. When all are done, put a pint and a half of consommé into a stewpan, and when it boils, drop the noukles into it. Boil for twelve minutes, and drain.

Put three table-spoonfuls of butter into a small saucepan, and when it is hot, add three table-spoonfuls of flour. Stir until smooth and frothy; then gradually add the stock in which the noukles were boiled. Boil this for five minutes, stirring frequently. Taste, to see if it needs salt and pepper; if it does, add it now. Arrange the noukles in an escalop dish, and pour the sauce over them. Sprinkle two table-spoonfuls of Parmesan cheese over the top. Put in a moderately hot oven, and bake twenty minutes. Serve very hot.

The noukles may be baked instead of being poached in consommé. When done, place them in an escalop dish, and cover them with any good sauce, — Bechamel, white, mushroom, cream, and bisque sauce are all suitable. Sprinkle with cheese or not, as you please, and bake twenty-five minutes.

Devils.

Devils are wet and dry. The dry devil is the more popular. These dishes are usually served at gentlemen's suppers. They must be cooked quickly, and served very hot. All kinds of poultry and game may be prepared in this manner, but for the dry devil there is nothing quite equal to the underdone leg of a tender turkey. The paste described in the rule will give a moderately hot dish. If liked very hot, use more mustard and cayenne, or, if preferred mild, use less of these condiments. Melted butter may be substituted for the oil where there is objection to the use of oil.

* Deviled Turkey — Dry.

For the legs of a roast turkey use two table-spoonfuls of dry mustard, one-fourth of a teaspoonful of cayenne, one heaping teaspoonful of salt, half a teaspoonful of white pepper, three table-spoonfuls of olive oil, three table-spoonfuls of soft butter, and a generous dredging of flour.

Mix the mustard, pepper, salt, and oil together. Make deep incisions in the turkey legs, cutting in a slanting direction; spread a thin layer of the paste in each incision. When all the paste has been used, rub the soft butter over the legs, and then dredge thickly with flour. Broil for ten minutes over clear coals. Serve on a hot dish at once. Chickens may be deviled in the same manner. Sometimes both turkey and chickens' wings are deviled in this manner; but there is not enough meat on them to make them a success in a dry devil.

Deviled Duck — Wet.

Use a pint and a half of cold roast duck, free of skin, bone, and fat, and cut into handsome pieces, the boiled liver of one duck, one table-spoonful of dry mustard, one-tenth of a teaspoonful of cayenne, one generous teaspoonful of salt, two table-spoonfuls of lemon juice, one generous table-spoonful of oil or butter, a slight grating of nutmeg, half a gill of water, one gill of Madeira.

Mash the liver to a paste in a saucepan. Add the salt, pepper, mustard, and lemon juice to this. Mix well, and gradually add the water. Then add the Madeira and the duck. Grate the nutmeg over this. Place the saucepan on the fire, and stir until the contents are hot, which will be in about six minutes. Add the butter, and stir a moment longer; then turn into a hot dish, and serve instantly. Serve a plate of hot buttered toast with it.

To get this dish in perfection it should be cooked on the table in a chafing-dish. In this case prepare the devil in the chafing-dish instead of in the saucepan. Light the lamp after all the guests are seated, and the dish will be done to a turn by the time the toast has been passed. Whether the dish is cooked on the stove or in the chafing-dish, the heat must be moderate; intense heat would spoil it.

Broiled Cèpes.

Open the can, and pour off the oil. It is rarely sweet, and therefore is good only for soap-grease. Take out the cèpes, and drop them into a bowl of hot water for a moment, to remove the oil. Now wipe them with a soft towel. Season with salt and pepper, and sprinkle with lemon juice. Now dip them in melted butter, and then dredge with flour. Broil for six minutes over a hot fire. Place each cèpe on a round slice of toast. Put a small bit of butter in the centre of each, and serve at once.

Stewed Cèpes.

Free the cèpes of oil, as when broiling them. Now cut them into cubes. For a pint can of cèpes use three table-spoonfuls of butter, one of flour, one of lemon juice, one teaspoonful of salt, one of onion juice, a little pepper, and half a pint of stock.

Put the butter in a small stew-pan and on the fire. When it becomes hot, add the cèpes, and stir for three minutes. Now add the flour, and stir until it is browned. Add the stock, stirring all the time. When this mixture boils, add the seasonings, and set back where it will simmer for five minutes.

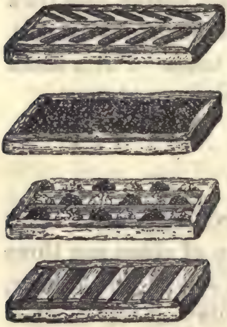
This dish may be served as an entrée, when the cèpes should be arranged on toast; or it may be used as a garnish of broiled meat or fish.

Olives Stuffed with Chicken.

Make a force-meat the same as for chicken quenelles. Stone two dozen queen olives. Cover them with cold water, and let them heat slowly to the boiling-point. Now pour off the water, and cover the olives with cold water. After they have stood for two minutes drain them well. Fill them with the force-meat. Place in a small saucepan, and cover with boiling soup stock, — consommé, if you have it. Simmer for twenty minutes. They may be served cold, as a relish, or hot or cold, as a garnish.

Olives Stuffed with Anchovy.

Make the rule for anchovy force-meat, and proceed as for olives stuffed with chicken.



Canapès.

Canapès.

Canapès are served at dinners, luncheons, suppers, and garden parties. They may be served with olives, making a most delicate appetizer. They are usually made of some kind of preserved fish and thin strips of fried bread. They should be prepared, arranged, and served in the daintiest manner.

Anchovy Canapès.

For twelve canapès use one bottle of anchovies preserved in oil, one table-spoonful of cold butter, four table-spoonfuls of clarified butter, twelve strips of stale bread cut three inches long, one and a half wide, and about one-fourth of an inch thick, one table-spoonful of lemon juice, one-third of a teaspoonful of cayenne, and two hard-boiled eggs.

Free the anchovies of bones. Put four of them into the mortar with one table-spoonful of butter, the lemon juice, and the cayenne, and pound until a smooth paste is formed.

Fry the bread in the clarified butter until it is of a golden brown color, and when it is cool, spread it with the anchovy paste.

Cut the remainder of the anchovies into small fillets. Put two fillets on each canapè, having them near the edge of the strip of bread. Chop the whites and yolks of the hard-boiled eggs separately and very fine. Fill the space between the fillets with little mounds of egg, alternating with whites and yolks. Arrange the canapès in the centre of a flat dish, and garnish with a circle of olives.

Smoked Salmon Canapès.

Make an anchovy paste the same as for anchovy canapès. Fry and cool the bread, and spread with the paste. Put a thin shaving of smoked salmon on each canapè.

Sardine Canapès.

These are made the same as anchovy canapès, save that a table-spoonful of lemon juice is poured over the fillets before they are placed on the fried bread.

Caviare Canapès.

For ten canapès there will be required ten strips of fried bread, ten heaping teaspoonfuls of Russian caviare, two table-spoonfuls of lemon juice, and half a salt-spoonful of cayenne.

Put the caviare in a soup-plate, and break it up with a fork. Now add the pepper and lemon juice, mixing all well. Put in a cold place until serving-time.

Fry the strips of bread in clarified butter, and drain and cool them. Spread the caviare on these at serving-time.

These canapès may be served at the beginning of a dinner or after the soup or fish. They are also served at gentlemen's suppers. In this case, frequently, the caviare, lemon, cayenne, and fried bread are placed before the host, who breaks up the caviare and adds the seasoning to it, then spreading a little on each strip of bread. This is done only at small suppers and when the host understands how to do the work quickly and gracefully.

* Scotch Woodcock.

To provide a quantity sufficient for six persons there will be required five hard-boiled eggs, one table-spoonful of anchovy paste, a grain of cayenne, half a teaspoonful of salt, two table-spoonfuls of butter, one table spoonful of flour, one cupful of milk, and six small slices of bread.

Chop the eggs rather fine. Put the milk on to boil. Beat the flour and butter to a cream, in a small saucepan; and when the milk begins to boil, pour it over the mixture of flour and butter. Put the saucepan on the stove, and stir the contents until they begin to boil; then add the other ingredients, and simmer for three minutes. During the cooking toast the bread, and lay it on a hot dish. Pour the hot mixture upon it, and serve without delay.

* Anchovy Toast.

First open a jar of anchovy paste. Cut each of half a dozen slices of light, stale bread into three parts. Put half a cupful of butter into a pan of hot water, and let it stand and melt until sediment falls to the bottom of the cup; then pour the clear butter into a small frying-pan, and let it heat slowly to the boiling-point. Put the pieces of bread into this butter, and brown them slightly on both sides. Spread the paste on the toast, and serve immediately.

CHEESE DISHES.

* Cheese au Gratin.

For this dish there should be used as many little dishes in which eggs are baked as there are persons to be provided for. If it be inconvenient to use egg-dishes, take any small fancy dishes. The materials required for six persons are: four eggs, one cupful of grated cheese, half a teaspoonful of salt, a grain of cayenne, two level table-spoonfuls of butter, six tea-spoonfuls of fine bread crumbs, and half a cupful of milk.

First butter the little dishes. Beat the whites of the eggs to a stiff froth, and add the yolks and seasoning to them. When these ingredients are well mixed, add the cheese and then the milk. Pour the mixture into the little dishes, and sprinkle bread crumbs lightly upon the contents of each dish. Bake for eight minutes in a moderate oven.

These are suitable for a course in a dinner, or for a dish at luncheon or supper.

Small Cheese Souffles.

This is the list of ingredients needed: three eggs, one cupful of soft mild cheese, grated, half a teaspoonful of salt, one-tenth of a teaspoonful of cayenne, two level table-spoonfuls of butter, one heaping table-spoonful of flour, and half a cupful of milk.

Put the butter on the stove in a small frying-pan, and when it gets melted, add the flour. Stir the mixture until it is smooth and frothy, but do not let it get browned. Gradually add the milk, and boil for one minute; then add the seasoning and cheese and the yolks of the eggs, beaten well. Pour into a bowl, and set away to cool. When cold, add the whites of the eggs, beaten to a stiff froth, and turn the mixture into six buttered paper cases, — small coverless boxes made of stiff paper. Place in a shallow pan, and bake in a moderate oven for about twelve minutes.

* Cheese Fondue.

When carefully made, this is a most satisfactory dish for a cheese course in a dinner. It is also good for luncheon or supper. The ingredients are: a quarter of a pound of cheese, six eggs, three table-spoonfuls of butter, a level teaspoonful of salt, one-eighth of a teaspoonful of white pepper, and four slices of fried or toasted bread.

After grating the cheese, beat the eggs till they are light, and add to them the butter, cheese, and seasoning. Turn the mixture into a bright saucepan, and, setting this into another containing boiling water, stir until the cheese is melted and the mixture is smooth and creamy. Cut the bread into eight parts, and lay it upon a hot dish. Pour the fondue over it, and serve immediately.

* Swiss Ramequin.

For six persons use eight small slices of stale bread, an egg, a cupful of milk, half a pound of mild soft cheese, half a teaspoonful of salt, a grain of cayenne, and two generous table-spoonfuls of butter.

Beat the egg well, and add three-fourths of the milk to it. Dip the bread in this mixture, and let it stand on a plate long enough to absorb all the milk and egg. Butter a gratin dish or a platter with one table-spoonful of the butter, and lay the bread upon it. Set the dish where it will keep cool until the time for placing it in the oven.

Cut the cheese into bits, and put it in a small saucepan with the salt, pepper, and remainder of the milk and butter. Set this pan into another containing boiling water, and place the large pan on the stove. Stir the contents of the small basin occasionally until all are melted.

Meanwhile put the dish of soaked bread into the oven. As soon as the cheese becomes melted, take the bread from the oven, and spread the hot mixture upon it. Return to the oven, and cook for five minutes longer. Serve the ramequin the moment it comes from the oven. It is suitable for a luncheon or supper dish, as well as for a course in a dinner.

* Toasted Cheese.

Use half a dozen slices of bread, half a pound of American soft cheese, half a teaspoonful of salt, one-fourth of a cupful of milk, three table-spoonfuls of butter, and one-tenth of a teaspoonful of cayenne.

Cut the cheese in thin slices, and put it into a saucepan with the salt, pepper, milk, and one table-spoonful of the butter. Place this saucepan in another containing boiling water, and cook its contents for about six minutes, stirring frequently.

While this mixture is cooking, toast the bread and butter it. Spread the hot mixture upon the toast, and place on a hot dish. Heat a small shovel until it is red, and hold it over the dish, to brown the cheese slightly. Serve immediately.

If one have a salamander, that of course should be used instead of a shovel; or if there be a gas stove in the house, place the dish under the broiler, and brown the cheese in that way.

Toasted cheese is a suitable dish for dinner, luncheon, or supper.

* Roasted Cheese.

This is excellent for the cheese course in a dinner, and is also a good dish for either luncheon or supper. It is made of half a dozen slices of bread, a quarter of a pound of cheese, two table-spoonfuls of butter, the yolks of two eggs, one teaspoonful of dry mustard, one-fifth of a teaspoonful of cayenne, and half a teaspoonful of salt.

Break the cheese into bits. Put it into a mortar with the other ingredients (except the bread), and pound all to a smooth paste. Toast the bread, and after spreading it with this mixture, lay it in a pan and put into a hot oven for four minutes. Serve at once.

Cheese Puffs.

These are made of two table-spoonfuls of butter, four of flour, four of grated cheese, one cupful of water, half a teaspoonful of salt, one-fifth of a teaspoonful of cayenne, and two eggs.

Put the butter and water on the stove in a saucepan. Mix the flour, cheese, salt, and pepper, and stir the mixture into the boiling liquid in the saucepan. Cook for three minutes, beating all the while; then remove from the fire, and set away to cool. When the mixture becomes cold, add the eggs, unbeaten, and only one at a time. Beat the batter very thoroughly for about a quarter of an hour.

Butter a baking-pan lightly, and drop the mixture into it, using a heaping teaspoonful for each puff. Leave considerable space between them, as they will increase to about three times their original size. Bake in a moderate oven for about twenty minutes. Serve hot.

These puffs are especially nice for the cheese course in a dinner. Frequently a plain white sauce or a brown sauce is served with them.

Cheese Straws.

Use three heaping table-spoonfuls of sifted flour, three of Parmesan cheese, one of butter, half a saltspoonful of salt, the same quantity of white pepper, one-fourth of a saltspoonful of cayenne, a slight grating of nutmeg, the yolk of an egg, and one table-spoonful of milk.

Mix the dry ingredients, and add the milk, the yolk, and the butter, softened. Mix well with a spoon; and when the mass is smooth, divide it into two parts, and roll these very thin. Cut into narrow strips about three inches long, and bake in a very slow oven for fifteen minutes.

These are designed for serving, hot or cold, as a cheese course, or with lettuce in the salad course. They may be served in bunches of six or eight, each bunch being tied with a narrow ribbon, or may be piled on a plate in log-cabin style.

* Golden Buck.

This is one kind of rare-bit; and though not so popular as the familiar Welsh rare-bit, it makes a pleasing change for those who are fond of such dishes.

Beat one egg in a small saucepan. Add to it five ounces of soft domestic cheese, broken in small bits, one level table-spoonful of butter, one-third of a teaspoonful of salt, a grain of cayenne, a level teaspoonful of mustard, and five table-spoonfuls of milk. Toast five slices of bread, and keep them warm. Put the saucepan containing the cheese mixture into another of boiling water, and stir until the cheese is almost creamy. Set the saucepan where it will keep warm, yet where its contents will not cook any more.

Poach,[1] or "drop," ten eggs in boiling salted water. Spread the cheese mixture on the toast, and arrange on a warm dish. Put two poached eggs on each slice of toast. Serve at once.

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[1] See page 408 for an explanation of poaching.

* Yorkshire Rare-bit.

Make the cheese preparation the same as for golden buck. Spread it on four or five slices of toast. Lay a slice of broiled bacon on top of each slice of toast, and serve very hot.

Beer or ale may be substituted for the milk. In that case use half a cupful. The cheese preparation makes a good Welsh rare-bit.

* Cottage Cheese.

Put four quarts of sweet milk into a pan, and let it stand in a warm place long enough to become sour. Care must be exercised to prevent it from becoming too sour. Just as soon as it gets thick it will be ready for use. In summer this may be at the end of twenty-four hours; in winter, at the end of two or three days. Place the pan of sour milk over a kettle of boiling water, and heat it almost to the boiling-point. When the pan has been over the water about six minutes, take a large spoon and turn the milk over by spoonfuls, getting the hot part on top. When the whey has become so hot that it cannot be touched with a finger, turn the entire mass into a colander, and let it drain off. When it is free of whey, add a teaspoonful of salt and a table-spoonful of butter, and press the mixture into a dish of handsome shape, or mould it into balls about the size of hens' eggs.

It improves the cheese to put in four or five table-spoonfuls of cream with the drained curd, at the time the butter and salt are added.

* Deviled Biscuit.

Mix a table-spoonful of Parmesan cheese, one of dry mustard, one of olive oil, half a teaspoonful of salt, one-fifth of a teaspoonful of cayenne, and two table-spoonfuls of milk. Spread the mixture lightly upon half a dozen soda-biscuit, and toast over a hot fire. Serve immediately.

If objection be made to the use of oil, substitute a table-spoonful of melted butter. Only a delicate flavor is given to the biscuit by the ingredients named; and if a strong taste be desired, double the quantity of materials for the mixture.

Cheese Fingers.

There will be required for these fingers some trimmings of puff paste, one cupful of grated stale cheese, one-fourth of a teaspoonful of cayenne, half a teaspoonful of salt, and one egg.

Beat the egg well. Roll the paste very thin, and cut it into strips about four inches long and less than half an inch wide. Mix the salt and pepper with the cheese. Strew the strips of paste with this mixture. Double the paste lengthwise. Pinch the edges, and bake in a quick oven for twelve minutes. Wash over with the beaten egg, and sprinkle with cheese. Return to the oven for about two minutes — just long enough to melt the cheese.

These are served hot as a cheese course in a dinner; or they may be served with the salad.

DISHES OF EGGS.

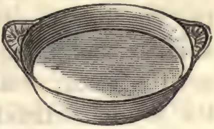
Throughout the spring and summer eggs form a large part of the fare at breakfast and luncheon; and unless they be served in a variety of ways, one may get tired of them. The most healthful modes of preparing them are, of course, those by which they are not subjected to a temperature higher than that at which water boils. If they be covered with cold water, and this be heated to the boiling-point without being allowed to boil, the eggs will be tender and digestible, — the white yielding to pressure like thick cream if taken between the fingers. The result will be the same when the eggs are covered with boiling water and set where the water will keep hot for ten minutes without boiling.

Another good mode of cooking is to use an egg-boiler. Put the eggs into it, and after filling the remaining space with boiling water, let them stand for three minutes; then pour off the first water, and fill again with boiling water, and in seven minutes the eggs will be cooked as nicely as by either of the first two methods.

The white of an egg is pure albumen; and as all albumen is hardened by a temperature above the boiling-point, we get by the common mode of boiling an egg three or four minutes a substance which is in part very indigestible.

Dropped, poached, and baked eggs all are good, and so are omelets. Baked eggs are sometimes called shirred eggs, or eggs sur le plat. Dishes are made expressly for cooking eggs in this way, ranging from little ones that will contain only one egg to those in which a dozen can be cooked.

A great variety of flavors can be given to baked eggs. After heating the dish, put into it half a teaspoonful of butter for each egg that is to be cooked. Carefully break the eggs into the dish, and place in a rather cool oven until the white becomes "set." Serve in the same dish. Two drops of onion juice and a quarter of a teaspoonful of chopped parsley will change the flavor of the egg. Or, half a teaspoonful of chopped boiled ham may be sprinkled in the dish before the eggs are put in. Again, it gives a nice change to grate a little cheese into the dish before doing the cooking.


Egg-baker.

* Boiled Eggs.

One ought never to boil eggs. When they are boiled for three minutes they are called "soft boiled," but the fact is that they are not actually soft boiled. A part of the white has been made hard and indigestible, and the rest of the white and the whole yolk have hardly been made hot. An egg properly cooked is not boiled; it is simply coddled.

This is the way to cook eggs: Put six into a vessel that will hold two quarts. Fill this vessel with boiling water, and, after covering closely, let it stand in a warm place for ten minutes, — the hearth is a good place. By this mode the eggs will be cooked equally well in every part, and the white will be soft and digestible. If one desires them better done, let them stand in the hot water ten, or even twenty, minutes longer; but do not place them on the range. Serve folded in a napkin.

* Poached Eggs.

For six persons use ten eggs, two table-spoonfuls of butter, two level teaspoonfuls of salt, half a cupful of milk, and one-eighth of a teaspoonful of pepper.

Beat the eggs well, and add to them the salt, pepper, and milk. Put the butter in a bright saucepan, and place on the stove. When it becomes melted, pour the egg mixture into the saucepan, and set the pan in another containing boiling water. Stir the egg mixture until a thick, creamy mass is formed; then take from the fire immediately, and serve in a warm dish without delay.

Poached eggs can be enjoyed in perfection only when the whole mass is smooth and creamy. It is necessary that there should be a constant stirring during the cooking, and that the egg mixture should be turned out of the saucepan the instant it is done. About eight minutes will be needed for cooking a dish for six persons.

* Dropped or Poached Eggs.

In New England eggs cooked in the manner described below are called dropped; outside of New England they are called poached. The eggs must be fresh and cold. Put a quart of water, one teaspoonful of salt, and one of vinegar in a frying-pan. Place in the pan as many muffin rings as there are eggs to be cooked, and set the pan where the water will bubble at one side of the pan. Break the eggs carefully, and drop them into the rings. Should the yolk of an egg break or seem soft, do not use the egg. Cook until the white is set; then gently pour off the water. Remove the rings, and lift the eggs with an egg-slice or a cake-turner. Place them on slices of buttered toast, and serve at once.

It is an easy matter to drop eggs if one have a patent poacher.

Egg Timbales.

For six persons use half a dozen eggs, three gills of milk, one teaspoonful of salt, one-eighth of a teaspoonful of pepper, one teaspoonful of chopped parsley, and one-fourth of a teaspoonful of onion juice.

Break the eggs into a bowl, and beat them well with a fork; then add the seasoning, and beat for a minute longer. Now add the milk, and stir well. Butter eight timbale moulds of medium size, and pour the mixture into them. Put the moulds in a deep pan, and pour in enough hot water to come almost to the top of the moulds. Place in a moderate oven, and cook until firm in the centre, — say for about twenty minutes; then turn out on a warm dish, and pour a cream or tomato sauce around them.

This is a nice dish for breakfast, luncheon, or tea.

* Griddled Eggs.

Heat the griddle almost as much as for griddle-cakes. Butter it lightly, and place upon it as many eggs as you desire to cook. When they become slightly browned, turn them with a cake-turner. They will get sufficiently cooked in about a minute and a half.

This is a delicate way of frying eggs. If the griddle be a very smooth one, the buttering may be omitted.

Lyonnaise Eggs.

If half a dozen eggs are to be cooked, use also two table-spoonfuls of butter, one of flour, one of chopped onion, three gills of milk, half a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and half a cupful of grated bread crumbs.

Cook the butter and onion slowly for ten minutes; then add the flour, and cook until the mixture becomes smooth and frothy, stirring all the while. Gradually add the milk, and cook for three minutes, stirring during the first minute. Add the salt and pepper. Pour the sauce into a deep plate that has been heated for the purpose. Carefully break the eggs into this plate, and cover them with the bread crumbs. Place in a moderately hot oven, and cook for four minutes. Serve the eggs in the dish in which they are cooked.

If a strong flavor of onion be disagreeable, the sauce may be strained when it is poured upon the heated plate; the bits of onion being thus kept back.

Escaloped Eggs.

Put half a dozen eggs into a saucepan of boiling water, and keep the pan for half an hour where it will be hot, yet not where the water will boil. At the end of the prescribed time lay the eggs in cold water for five minutes, and then remove their shells. Cut the whites into thin slices, and rub the yolks through a coarse sieve. Mix both parts lightly, and after putting the mixture into an escalop dish, pour over it a sauce made as follows: —

Put two table-spoonfuls of butter into a frying-pan, and when it has been melted, add a heaping table-spoonful of flour. Stir until the mixture is smooth and frothy; then gradually add a pint of cold milk. Boil up once, and season with salt and pepper.

After pouring this sauce over the eggs, spread a large cupful of grated bread crumbs on top of the dish, and cook for fifteen minutes in a hot oven.

If care be taken to prevent the eggs from boiling at any time during the thirty minutes the dish will be delicate and digestible.

* Curried Eggs.

Beside half a dozen hard-boiled eggs, take a cupful of stock, half a cupful of cream or milk, one teaspoonful of chopped onion, three table-spoonfuls of butter, one table-spoonful of flour, one teaspoonful of curry-powder, and salt and pepper to suit the taste.

After cooking the onion and butter in a small frying-pan for three minutes, put in the flour and curry-powder. Stir the liquid until it becomes smooth; then add the stock and milk and some seasoning, and cook for ten minutes. Quarter the eggs, and place them in a deep saucepan. Strain the sauce over them; and after simmering for three minutes, serve very hot with toast.

The teaspoonful of curry-powder gives a delicate flavor. More may be used if one choose.

Cook six eggs for twenty minutes, as directed for boiling. While the eggs are boiling, prepare the sauce.

Rub the bottom of a small frying-pan with a slice of onion. Put one gill of stock into the pan, and place it on the fire. Mix one teaspoonful of corn-starch and one-fourth of a teaspoonful of curry-powder with one gill of milk. Stir this into the boiling stock. Add one-third of a teaspoonful of salt and a little pepper. Simmer for five minutes; then add a teaspoonful of butter.

When the eggs are cooked, drop them into cold water for a minute. Remove the shells, and cut the eggs in quarters. Arrange them in a warm dish, and pour the sauce over them.

This curry is more delicate than the first.

* Baked Eggs.

For six people use eight eggs, one cupful of milk, one generous table-spoonful of butter, one teaspoonful of flour, half a teaspoonful of salt, one-fourth of a teaspoonful of pepper, and one teaspoonful of chopped parsley.

Put the butter on the stove in a small frying-pan, and when it becomes melted, put in the flour. Stir the mixture until it is smooth and frothy; then draw the pan back, and gradually add the cold milk. Next add the seasoning; and after letting the sauce boil up once, pour it into one of those deep plates which are made expressly for baking eggs; or if you do not possess one, use a deep earthen pie-plate.

Break the eggs carefully, and drop them into the sauce. Sprinkle the chopped parsley over the eggs and sauce. Place the dish in a moderate oven, and cook until the whites become set, — perhaps for five minutes. Serve the eggs immediately in the dish in which they are cooked.

If the parsley be not liked, it may be omitted; and if cheese be liked, a table-spoonful of Parmesan cheese, instead of the parsley, may be sprinkled over the eggs.

After buttering the bottom of an egg-dish or a soup-plate, break the eggs into the plate, being careful not to break the yolks. After sprinkling them lightly with salt and pepper, put bits of butter over them, and cover with milk or cream, using one-fourth of a teaspoonful of butter and one table-spoonful of milk or cream for each egg. Put the dish into a moderate oven, and cook until the whites of the eggs begin to set, — say about six minutes. Serve at once, in the dish in which the baking is done.

* Swiss Eggs.

To make this dish, one must take half a dozen eggs, a quarter of a pound of cheese, one-third of a cupful of cream, two table-spoonfuls of butter, a teaspoonful of mustard, half a teaspoonful of salt, and one-tenth of a teaspoonful of cayenne.

Cut the cheese into thin shavings. Butter an egg-dish or a gratin-dish (if you have neither, use a small stone-china platter), and spread the cheese in it. Upon the cheese distribute in small portions the remainder of the butter. Mix the salt, cayenne, mustard, and cream, and pour half of the mixture over the cheese. Break the eggs into the dish, and after pouring over them the remaining liquid, place in an oven, and cook for eight minutes.

* Spanish Eggs.

For this dish there will be required six eggs, one large raw tomato, one generous table-spoonful of butter, one level teaspoonful of salt, one-fourth of a teaspoonful of pepper, and a slice of onion.

Rub a slice of onion over the inside of a frying-pan. Pare the tomato, and cut it into bits; then put it into the frying-pan, with the butter, and cook for five minutes, stirring occasionally. Beat the eggs well, and at the end of the five minutes put them into the pan, with the salt and pepper. Stir constantly until the eggs begin to thicken, like scrambled eggs; then pour the mixture into a warm dish, and serve at once.

Spanish eggs are a good dish for breakfast, tea, or luncheon.

* Cuban Eggs.

For six persons use eight eggs, one teaspoonful of minced onion, four table-spoonfuls of sausage meat, half a teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

Cook the sausage meat and onion together over a hot fire for five minutes. Beat the eggs well, and add to them the salt and pepper. Draw the pan back to a cooler part of the range, and add the beaten eggs. Stir until the eggs become thick and creamy; then pour into a warm dish, and serve immediately.

Buttered toast should go with the dish. It may be arranged on a flat dish, and the eggs be poured over it.

Eggs in Force-meat.

Take for six persons four eggs, a cupful of grated bread crumbs, a cupful of any kind of fine-chopped cold meat, three gills of soup stock, two table-spoonfuls of butter, one heaping teaspoonful of flour, one teaspoonful of salt, one-third of a teaspoonful of pepper, a slice of onion, half a teaspoonful of lemon juice, a clove, a bay leaf, a sprig of parsley, and a slight grating of nutmeg.

Boil the eggs hard; then remove the shells, and cut the eggs in two. Rub the yolks through a sieve or coarse strainer. Rub the flour and butter together; and after adding the stock and seasoning, cook gently for twelve minutes. Mix the bread crumbs and chopped meat; and when the sauce has cooked for twelve minutes, strain it upon this mixture. Fill the whites of the eggs with this mixture, and spread the remainder on a gratin-dish or a small platter. Stand the filled eggs in this bed of force-meat, and decorate both them and the bed with little mounds of the sifted yolks. Put the dish into a moderate oven for eight minutes; then remove it, and pour half a pint of tomato sauce upon the dish, or serve the sauce in a separate dish. Bechamel sauce or a simple brown sauce may be used, if preferred to tomato.

This is a nice dish for luncheon.

* Eggs au Gratin.

The materials needed to provide a dish for six persons are: half a dozen eggs, as many small slices of bread, a pint of cream sauce, a cupful of bread crumbs, a table-spoonful of butter, and some salt and pepper.

Put the eggs into a deep saucepan, and cover them with boiling water. Cover the pan, and set it on the stove where the water will keep warm for twenty minutes without any likelihood of its boiling.

Make a sauce the same as for eggs farcé. Toast the bread to a delicate brown. Put the butter on the stove in a small frying-pan, and when it gets hot, put in the crumbs. Stir over a hot fire until they get brown and crisp; then remove the pan.

Transfer the eggs from hot to cold water at the end of the twenty minutes, and in a moment remove the shells. Put the slices of toast on a gratin-dish or on a stone-china platter, and place a whole egg on each slice of toast. Pour the sauce over the eggs, and sprinkle with the fried crumbs. Set in a moderate oven for six minutes, and serve without change of dish, adding a delicate garnish of parsley.

* Egg Nests on Toast.

For six nests use half a dozen eggs, half a teaspoonful of salt, one table-spoonful and a half of butter, and six small slices of toast. Separate the two parts of the eggs, putting the whites into a bowl and keeping the yolks whole by letting them remain in the half-shells until the time comes for using them. Put the salt with the whites, and beat until a stiff froth is formed. Toast the bread; and after dipping the edges in hot water, spread the slices with butter, and place them on a tin sheet or pan. Heap the whites of the eggs on the toast. Make a depression in the centre of each mound, and after putting one-fourth of a teaspoonful of butter in each depression, drop the whole yolks into the hollows. Place the nests in a moderate oven, and cook for three minutes. Serve immediately on a warm dish.

If ham be liked, a spoonful of it, chopped fine, may be spread on each slice of toast before the white of an egg is placed on it.

Eggs Farcé.

Use for six persons half a dozen eggs, one table-spoonful of flour, three of butter, one pint of milk, three drops of onion juice, and some salt and pepper.

Boil the eggs for twenty minutes, and then drop them into cold water. Remove the shells, and after cutting an even slice from each end of the egg, cut the eggs in two. Take out the yolks, and mash them until light and smooth; then add one-fourth of a teaspoonful of pepper, half a teaspoonful of salt, one table-spoonful of butter, four of milk, and the onion juice. When these ingredients have been well mixed, heap the mixture in the shape of domes in the halves of the whites. Set the whites in a tin plate or pan, and put them into the oven for six minutes.

During this cooking make a sauce. Put the remaining table-spoonful of butter into a small frying-pan, and when it gets hot, add the flour. Stir until smooth and frothy, being careful not to brown; then gradually add the milk. Season with salt and pepper, and boil up once.

When the eggs have been cooked sufficiently, arrange them on a warm dish, pour the sauce around them, and garnish with parsley.

Bechamel, tomato, or curry sauce may be used in place of the cream sauce recommended.

* Eggs in Cases.

If provision is to be made for six persons, use half a dozen eggs, a table-spoonful of butter, one-third of a teaspoonful of chopped parsley, three table-spoonfuls of fine dry bread crumbs, one teaspoonful of salt, and one-fourth of a teaspoonful of pepper. You will also need half a dozen paper cases. In large cities these may be bought, in a variety of shapes, of first-class confectioners; but it is not a difficult matter to make them if they cannot easily be obtained. They should be formed of stiff white paper, and have a length of about three inches, a width of two inches, and a depth of an inch and a half.

Butter the cases, using a little extra butter for the purpose. Put two-thirds of the table-spoonful of butter into a small frying-pan, and when it gets hot, stir in the crumbs. Stir over a hot fire until the crumbs get brown and crisp, being careful not to let them become scorched; then take from the fire, and add to them the salt and pepper and the chopped parsley. Deposit this mixture in equal parts in the six paper cases. Break an egg into each case, and put the remaining butter, broken into bits, upon the eggs. Set the cases in a tin pan, and bake for five minutes in a moderate oven. Serve on a fringed napkin.

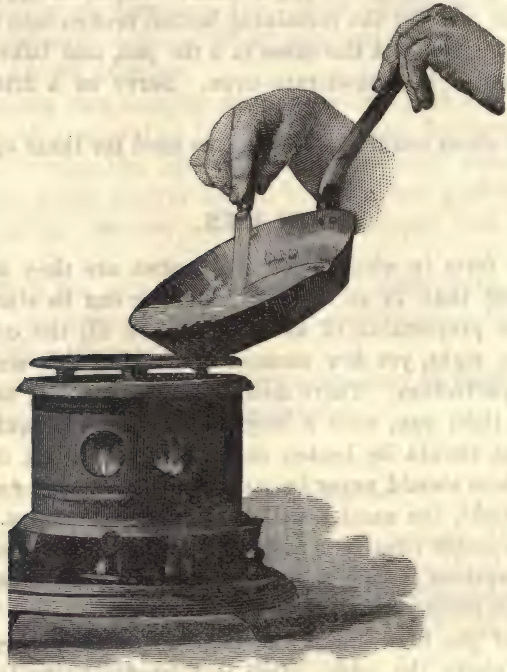
Small china soufflé dishes may be used for these eggs.

OMELETS.

In no form in which eggs are cooked are they more acceptable than in an omelet. Nothing can be simpler than the preparation of an omelet when all the conditions are right, yet few succeed in cooking this simple dish to perfection. There must be a very hot fire; and a smooth, light pan, with a long handle, also is required. The eggs should be beaten only enough to break them well; there should never be much froth. If the eggs be beaten light, the omelet will be dry and tasteless. A perfect omelet usually is soft and creamy. There are a few exceptions to this rule: rum, jelly, or fruit omelets should be made rather light.

One of the first things the beginner should learn is how to shake the pan. Here is a good way to learn. Spread a newspaper on the kitchen table. Put a couple of spoonfuls of granulated sugar in the omelet pan and place the pan on the paper. Now take hold of the pan, putting the hand under the handle, and shake vigorously. The motion must be quick and nervous, and such that the sugar in the pan will be thrown up from the bottom of the pan. It is the same motion that one uses in popping corn, being almost wholly from the wrist. A little practice is all that is needed to acquire it; and one cannot make a perfect omelet without this motion. Persist until the sugar is thrown from the bottom of the pan with every shake.

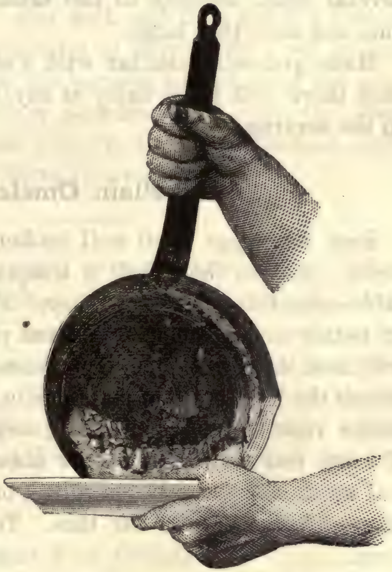
Having mastered the motion, the next thing to do is to see that the pan is all right. It must be perfectly smooth. If not so, scour it with Sapolio, wash in hot water, and rub it smooth and dry with a soft towel. Put the butter in the pan, and place on the fire where it will heat gradually. When quite warm, place on the hottest part of the stove. Pour the egg mixture into the pan, and shake until the whole mass is about as thick as soft custard. The egg mixture should be thrown



Rolling an Omelet.

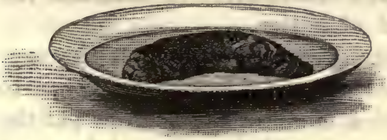
from the bottom of the pan with every shake. Let the pan rest for about five seconds; then place the left hand under the handle, and tip the pan forward. With a knife, roll the omelet in the same direction. Let it rest on the fire for about fifteen seconds.

Take a warm dish in the left hand. Put the right hand under the handle of the omelet pan, and place the edge of the pan nearly in the centre of the dish. Turn out the omelet in the centre of the dish, and serve at once. It may take many trials before the beginner makes a success of an omelet, but the success will come. A small pan, and two eggs at a time, will do for practice.



How to Turn out an Omelet.

Many failures come from having too much egg in the pan. When this is the case, one part becomes hard before the other is warmed. The egg mixture should be not more than half an inch deep in the pan; it is better to have it even less. All the work must be done very rapidly. It should be not more than two minutes



The Omelet when Finished.

from the time the eggs are poured into the hot pan until the omelet is on its way to the table.

It would be better to have any guests wait for two minutes for a perfect omelet than to have the omelet done a minute before it is served, and better to send several small omelets to the table than to make only one, and have that large.

Make yourself familiar with a receipt at the start, so that there will be no delay at any stage of the work or in the serving.

* Plain Omelet.

Beat four eggs until well broken, but not until very light. Add to them half a teaspoonful of salt and two table-spoonfuls of milk or water. Put one table-spoonful of butter in the omelet pan, and place the pan where it will heat slowly. When it becomes hot, draw it forward where the heat is intense. Pour in the egg mixture, and shake vigorously until the egg begins to thicken. Let the pan rest on the stove for about five seconds; then roll up the omelet. When rolled, brown it. It will take about fifteen seconds for this. Turn out, and serve at once.

* Baked Omelet.

For six persons use half a dozen eggs, half a cupful of milk, one table-spoonful of flour, one teaspoonful of baking-powder, one large teaspoonful of salt, and one generous table-spoonful of butter.

Mix the milk and flour. Beat the whites of the eggs to a stiff froth. Add the salt and the yolks of the eggs to them, and beat for half a minute longer. Now put the butter in a hot frying-pan. Add the milk and flour and baking-powder to the eggs, and stir quickly. Turn the mixture into the buttered pan, and put the pan in a rather hot oven for ten minutes. At the end of that time fold the omelet and turn it out on a warm dish. Serve without a moment's delay.

Beat the whites of six eggs to a stiff froth. Beat the yolks well, and add a teaspoonful of salt and a quarter of a cupful of milk. Stir well, and then add the beaten whites. Put a table-spoonful of butter into a hot frying-pan, and as soon as it has become melted, pour the mixture into the pan. Place in a moderate oven, and bake for six minutes; then remove, and after folding, turn out on a hot dish. Serve immediately.

A variation is to spread over the omelet, just before folding, a pint of chicken warmed in a pint of cream sauce, or any kind of meat or fish, cut fine and heated in sauce. Or, heat a pint of oysters to the boiling-point in their own liquor. Skim carefully, and then stir in with them a large table-spoonful of butter mixed with a level table-spoonful of flour. Season with salt and pepper, and after boiling up once, spread over the omelet.

Green-Pea Omelet.

If provision is to be made for six persons, use four eggs, two table-spoonfuls of butter, four of cream or three of milk, two of water, one teaspoonful of salt, one-fifth of a teaspoonful of pepper, half a teaspoonful of sugar, one teaspoonful of flour, and half a pint of green or canned peas.

Rinse and drain the peas. Put a table-spoonful of butter into a small stew-pan, and when it becomes melted, add the flour. Stir the mixture until it is smooth and frothy; then add the peas, sugar, pepper, and half the salt. Stir for two minutes, and after adding the cream or milk, set the pan where its contents will simmer for six minutes.

Meanwhile heat an omelet pan, and wipe it perfectly clean and dry, rubbing the inside with a dry towel until it is very smooth. Set this pan on the back part of the range where it will keep rather hot while the eggs are being beaten.

Break the eggs into a bowl, and beat them well, though not to a dry froth. Add the water and the remainder of the salt. Put the butter into the omelet pan, and set the pan on the hottest part of the range. When all the butter has become melted and is just about to turn in color, put the eggs into the pan. Shake vigorously until the mixture begins to look thick and creamy. Let the pan remain still for two seconds, — as nearly as it can be estimated, — and then spread the peas over the egg. Tip the pan forward from the handle, and roll the omelet in the same direction. Turn out on a warm dish, and serve immediately.

Asparagus may be used in an omelet the same as peas. Only the green heads should be taken, and they should be boiled, drained, and seasoned.

Fish Omelet.

This is a very savory dish. The materials used are: six large smelts, four eggs, four table-spoonfuls of milk, two table-spoonfuls and a half of butter, one table-spoonful of chopped chives, half a teaspoonful of chopped parsley, a generous teaspoonful of salt, and a little pepper. If it be inconvenient to use chives, substitute half a teaspoonful of chopped onion; and if smelts cannot be had, take any other delicate kind of fish containing roe, — flounders, or any pan fish. There should be about a quarter of a pound of clear fish.

Free the flesh of the smelts of skin and bones, and cut it, together with the roe, into fine pieces. Put a table-spoonful and a half of the butter into a frying-pan or stew-pan, and when it has become melted, add the fish, chives, parsley, three-fourths of the salt, and all the pepper. Cook slowly for five minutes, and then add two table-spoonfuls of the milk. Let the mixture boil up once, and set it back where it will keep warm until needed.

Beat the four eggs till rather light, and add the remainder of the milk and salt. Put the remaining butter into a large omelet-pan or frying-pan; and as soon as it becomes very hot, — a moment's heating should suffice, — pour in the egg mixture. Shake vigorously over the fire until the mixture begins to thicken; then spread the fish upon it. Roll up the omelet, and, turning out on a hot dish, serve immediately.

From the time of putting the eggs into the pan until the omelet is finished, the work must be done very rapidly.

Mushroom Omelet.

To those persons who like omelets of any sort, and are fond of the peculiar flavor of mushrooms, this dish should give much satisfaction. It is made of four eggs, two table-spoonfuls of butter, four table-spoonfuls of chopped mushrooms, a generous half-table-spoonful of flour, two-thirds of a cupful of stock, a little water, and enough pepper and salt for seasoning to suit the taste of the maker.

Put a table-spoonful of the butter on the stove in a frying-pan, and when it gets hot, add the flour. Stir until smooth and brown. Gradually add the stock; and after boiling up once, add the mushrooms. Season with salt and pepper, and simmer for five minutes.

Beat the eggs till rather light, and add to them half a teaspoonful of salt and one table-spoonful of water. Put a table-spoonful of butter into a warm omelet-pan, and set in a hot place. As soon as the butter becomes very hot, put in the beaten eggs, and shake vigorously until they begin to thicken. Spread the mushrooms and about half of the sauce upon the mixture, and then fold the omelet, and turn out on a hot dish. Pour the remainder of the sauce around it, and serve immediately.

Not more than a minute and a half should be consumed in work from the time of pouring the eggs into the pan until the omelet is finished.

Tomato Omelet.

Put a pint of canned or stewed tomato into an open stew-pan, and let it simmer for half an hour. Season with salt and pepper, and a table-spoonful of butter. Beat six eggs well, and add to them a level teaspoonful of salt and three table-spoonfuls of water. Put a generous table-spoonful of butter into a large omelet-pan or frying-pan, and when it becomes white and frothy, pour the eggs into it. Shake over a very hot fire until the eggs begin to thicken and look creamy; then pour in the hot tomato, spreading it over the middle of the omelet. Roll up quickly, and after browning for an instant, turn out on a warm dish and serve immediately.

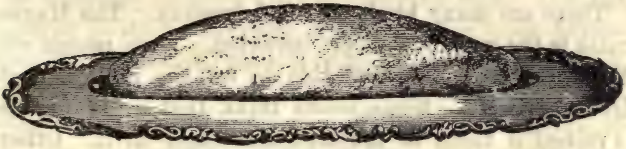
First make the egg preparation, as for the green-pea omelet, but do not cook it. Next put a cupful of canned tomatoes into a stew-pan, and cook for ten minutes. Put a table-spoonful of butter on the stove in a small frying-pan, and when it gets hot, add half a table-spoonful of flour. Stir the mixture until smooth and frothy; then add it to the tomatoes, and also add half a teaspoonful of salt, half a teaspoonful of sugar, and one-fifth of a teaspoonful of pepper. Cook for five minutes longer. Now cook the eggs until thick and creamy. Spread the tomato over the cooked egg; then roll up, and serve at once. These omelets are nice for breakfast or luncheon.

Oysters, cheese, chicken, ham, and, indeed, nearly all kinds of meat and fish, may be used in the same way as tomato. When meat or fish is used it should first be heated in a little sauce. Cheese is simply grated and sprinkled over the omelet just before the rolling.

Jelly Omelet.

Use half a dozen eggs, a table-spoonful of butter, a table-spoonful of powdered sugar, a teaspoonful of salt, three table-spoonfuls of water, and half a tumbler of any kind of jelly, — currant is best.

Break up the jelly, so that it can be spread easily. Beat the whites of the eggs until very light; then add the unbeaten yolks, the sugar and salt. After blending these ingredients, add the water. Heat a large frying-pan, and after melting the butter in it, pour in the egg mixture. Bake in a hot oven for six minutes; then spread with the jelly, roll up, and turn out upon a warm dish. Serve immediately.



SALADS.

SALADS are made with any kind of fish and meat, combined with various green vegetables; or they may be made of a single vegetable with a sauce. Several vegetables may be combined, and dressed with a simple sauce or a Mayonnaise sauce; or cooked vegetables may be served, alone or in combination, using a simple dressing or a Mayonnaise. The important things to remember in salad-making are that the materials should be of the best quality, the green vegetables crisp and fresh, the meat or fish well seasoned and cold, the oil pure and sweet, and that in most cases the dressing should be added at the last moment.

There are many kinds of salad-dressing. The Mayonnaise is the cream of all yet invented. Even people who dislike oil, as a rule, find this by far the most delicate dressing made. Some cooks think that a Mayonnaise is ruined if there be mustard and sugar in it. Others condemn the use of cream. These are matters of taste, and individuals have a perfect right to exercise their own judgment in the matter. One cupful of whipped cream added to one pint of Mayonnaise will so tone the flavor of the oil that people who cannot eat a salad when made with the ordinary Mayonnaise will enjoy it when this slight addition is made. Again, some persons use no acid but lemon juice, whereas others would not have a drop of lemon juice mixed with a Mayonnaise. It seems as if at least one-half of the salad-eating people in America do not like the taste of oil. If they choose to tone it down with cream there is no law against it.

A rule for cream-dressing is given on page 428 for the benefit of those who will not use oil.

The simple French dressing which is used with so many vegetable salads is, like the Mayonnaise, subject to modifications to suit various tastes. The proportions may be six table-spoonfuls of oil to one of vinegar; or the quantity of vinegar may be twice that of oil. A good rule is to take six table-spoonfuls of oil, two of vinegar, half a teaspoonful of salt, and a saltspoonful of pepper. Mix the oil, salt, and pepper together; then add the vinegar.

Mayonnaise Dressing.

For one pint of dressing use three gills of oil, the yolks of two uncooked eggs, one teaspoonful of mustard, half a teaspoonful of salt, two table-spoonfuls of lemon juice, two of vinegar, one-tenth of a teaspoonful of cayenne, and four table-spoonfuls of thick sweet cream.

In order to succeed in making a Mayonnaise dressing, it is necessary to have all the materials cold. Let the oil stand in the refrigerator for an hour or more before using it. Set a small smooth-bottomed bowl in a shallow dish, and put a few pieces of ice and a pint of cold water in this dish. Put the dry ingredients and the yolks of the eggs in the bowl, and beat them with the Dover-beater until the mixture is light and thick. Now begin to add the oil, a few drops at a time. Each time the oil is added, beat until it is thoroughly blended with the other ingredients. As soon as the mixture becomes thick and ropy the oil may be added more freely. Beginning at this stage, the vinegar may be added, half a teaspoonful at a time. When the dressing gets so thick that the beater will hardly turn, the oil may be added in larger quantities, — about a table-spoonful at a time. As soon as all the vinegar has been added, begin to add the lemon juice in the same manner. When the dressing is light and smooth, whip the cream with a fork, and stir it into the dressing. Where the taste of oil is liked the cream may be omitted; the cream tones down the flavor of oil. On the other hand, when oil is not liked, less of it may be used, thick whipped cream being substituted. For most tastes, however, the dressing as it is given will be found satisfactory.

* Cream Salad Dressing.

Use one pint of rich cream, the yolks of three hard-boiled eggs, one teaspoonful of sugar, one of salt, one-eighth of a teaspoonful of cayenne, one teaspoonful of mustard, and two table-spoonfuls of vinegar. Rub the yolks of the eggs to a smooth paste. Gradually add to them the salt, sugar, vinegar, and mustard. Have the cream very cold, and whip it until smooth and light. Use the Dover-beater or a whisk. Stir this, a spoonful at a time, into the egg mixture. Use this dressing the same as Mayonnaise.

* Cooked Salad Dressing.

This is made of four eggs, eight table-spoonfuls of weak vinegar, four of oil, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, and two table-spoonfuls of mixed mustard.

Put the oil and vinegar into a small saucepan, and set this pan into another containing boiling water. Beat the eggs well, and pour the hot oil and vinegar upon them, stirring all the while. Turn the mixture into the stew-pan, and set the pan in the boiling water once more. Stir the dressing until it begins to thicken, — say for about five minutes; then take it from the fire, and add the salt, pepper, and mustard. If the dressing should not be smooth, rub it through a strainer; but if it has been stirred constantly, there will be no occasion for straining.

This dressing will keep for weeks. Butter may be substituted for oil, but it is not so good.

Chicken Salad.

Free cold cooked chicken of skin, fat, and bones, and cut it in cubes. Put one quart of the meat in a bowl with a marinade made by mixing three table-spoonfuls of vinegar, one of oil, one generous teaspoonful of salt, and half a teaspoonful of pepper. Stir well, and place in the refrigerator for one hour or longer.

Cut in thin slices enough of the white, tender part of celery to make a generous pint. Wash this in cold water, and put it in the refrigerator with pieces of ice on top. At serving-time remove the ice, and drain all the water from the celery. Mix the celery with the chicken, and add half a pint of Mayonnaise dressing. Arrange the salad in a bowl or on a flat dish. Mask it with half a pint of Mayonnaise, and garnish with some of the blanched celery leaves.

Sweetbread Salad.

For six persons use a pair of large sweetbreads, half a pint of celery, sliced thin, six heart leaves of lettuce, half a pint of Mayonnaise, one table-spoonful of vinegar, half a table-spoonful of oil, a saltspoonful of salt, and one-third of a saltspoonful of pepper.

Clean the sweetbreads, and boil them in water for twenty minutes; then cool them, and cut them into cubes. Add the vinegar, oil, salt, and pepper. Place the dish in the refrigerator for an hour. Prepare the lettuce and celery, and put them in the refrigerator to chill.

At serving-time mix the celery and sweetbreads, and add half the dressing. Arrange the six lettuce leaves in a flat dish. Divide the sweetbread mixture into six parts, and place it on the lettuce leaves. Drop the remainder of the dressing in teaspoonfuls on the sweetbreads. Serve at once.

Lobster Salad.

Cut into cubes enough boiled lobster to make a quart. Put it into a bowl, and mix with it a marinade made by mixing three table-spoonfuls of vinegar, one of oil, one teaspoonful of salt, and half a teaspoonful of pepper. Put the bowl in the refrigerator for an hour or more.

Wash the heart leaves of four heads of lettuce. Place them in a dish, and sprinkle with cracked ice.

At serving-time stir half a pint of Mayonnaise into the dish of lobster. Shake the ice and water from the lettuce. Place two leaves together in the form of a shell, and arrange them on a flat dish. Put a table-spoonful of lobster in each shell, and a teaspoonful of dressing on top of the lobster.

Oyster Salad.

For a two-pound can or a solid quart of oysters use dressing made as follows: Beat well four eggs. Add to them a gill each of cream and vinegar, one teaspoonful of mustard, one of celery seed, one of salt, one-fifth of a teaspoonful of cayenne, and two table-spoonfuls of butter. Place in the double-boiler, and cook until as thick as soft custard. It will take about five or six minutes. The dressing must be stirred from the time it is put on the fire until it is taken off; and when that time comes, add two table-spoonfuls of powdered and sifted crackers.

Heat the oysters to the boiling-point, in their own liquor. Drain them, and add the dressing. Stir lightly, and set away in a cold place for an hour or more.

The cracker and celery seed may be omitted, and at serving-time a pint of celery, sliced thin, may be added.

Shrimp Salad.

For this salad there will be required a can of shrimps, the heart leaves of four small heads of lettuce, and a generous half-pint of Mayonnaise dressing.

Remove the shrimps from the can to a large bowl full of ice-water, and after rinsing them, drain off all the water. Place the shrimps in another bowl, and after sprinkling upon them a marinade made of a table-spoonful of oil, two of vinegar, half a teaspoonful of salt, and a quarter of a teaspoonful of pepper, let them stand in the ice-chest for two hours.

Arrange the leaves of lettuce in the form of shells on a flat dish. Mix half the dressing with the shrimp, and put a spoonful of the mixture into each shell. Drop into each shell, also, a teaspoonful of the remaining dressing; and then serve the salad without delay.

The lettuce must, of course, be perfectly clean and crisp. If you cannot get the head lettuce, take the larger leaves of cabbage lettuce, and arrange them around the border of the dish. Cut up the crisp white leaves, and spread them lightly in the centre of the dish. On this bed arrange the dressed shrimps, and drop white heart leaves and teaspoonfuls of dressing here and there. If you prefer, you may break the shrimps into two or three pieces as the first step in making the salad.

* VEGETABLE SALADS.

A salad can be made of almost any kind of cooked vegetables, but certain combinations are desirable. Peas, string and shell beans, asparagus, cauliflower, and young carrots all combine well, and potatoes, carrots, turnips, beets, parsnips, and cauliflower make another combination. Any two of the cooked vegetables may be used together. When a variety is used the dish is called "Salade Macédoine."

If possible, when combining vegetables, have those which are of delicate flavor form the body of the salad, using only a small proportion of those with strong flavor. Remember that beets are sweet, and use them sparingly.

A vegetable salad may be made a thing of beauty or an indistinct mixture and uninviting dish. Each vegetable should be boiled and cut up separately, and all should be seasoned with salt and pepper. Use any kind of salad dressing; the French dressing, however, is especially fit. Sprinkle the prepared vegetables in thin layers in a salad bowl, and sprinkle each layer with the dressing; continuing the work until all the materials have been used. Let the dish stand an hour or more in the ice-chest.

For each quart of the vegetables use three large table-spoonfuls of oil, one table-spoonful of vinegar, half a teaspoonful of salt, one-quarter of a teaspoonful of pepper, and a teaspoonful of onion juice. Mix this dressing thoroughly before using. The amount which can be made with the ingredients mentioned above flavors the salad delicately; and if the dish be desired moist and highly seasoned, the quantity of dressing should be doubled.

* French Vegetable Salad.

This dish is made of nearly all kinds of cooked vegetables, string and Lima beans, peas, turnips, carrots, and cauliflower being the most desirable. All or only a part of those which have been mentioned may be used. The string beans should be cut into short pieces, and the carrots and turnips into cubes, while the cauliflower should be broken into little flowerets. The vegetables must be mixed lightly, and be placed in a refrigerator, to get thoroughly chilled. They should be cold when used for the salad. A quart will be enough for six persons.

To make the dressing, rub a slice of onion on the sides and bottom of a pint bowl; then put into the bowl a level teaspoonful of salt and one-third of a teaspoonful of pepper, and gradually beat in six table-spoonfuls of salad oil and two of vinegar. Mix this dressing thoroughly with the vegetables, and serve.

* Macédoine Salad.

This is easily made, only a can of mixed vegetables, six table-spoonfuls of olive oil, two of vinegar, a teaspoonful of salt, and one-fourth of a teaspoonful of pepper being used. Turn the vegetables from the can into a strainer, and after pouring cold water over them, put them into a salad bowl. Mix the oil, vinegar, salt, and pepper, and add to the vegetables, mixing all very thoroughly. Or, instead of the can of vegetables, use a gill each of carrot, turnip, Lima beans, green peas, and cauliflower. All except the peas should be cut into small, pretty shapes.

* Potato Salad.

In no other salad is there such an opportunity for variety of combinations. The salad, though, of course, to be served cold, is always better for being made of hot potatoes. New potatoes — and when these are not in season, German potatoes — are best. A ripe, mealy potato breaks into crumbs, and spoils the appearance of the dish. Of course, it is not always convenient to obtain either new or German potatoes. In that case boil the potatoes a little less time than for most other purposes, — say twenty-five minutes, instead of thirty. Cold potatoes may be used. Here are a few combinations, and the housekeeper may enlarge upon them to any extent she pleases.

Cut one quart of boiled potatoes into small cubes. Add to them one teaspoonful of chopped parsley, and a dressing made with three table-spoonfuls of vinegar, six of oil, three of hot water or stock, one level table-spoonful of salt, one-third of a teaspoonful of pepper, and one teaspoonful of onion juice. Mix this lightly with the potatoes, and set away in a cold place for an hour or more.

Sprinkle a teaspoonful of salt and a teaspoonful of onion juice over a quart of potato cubes, and add half a pint of cream dressing. Let the dish stand for an hour or more in a cold place. At serving-time arrange crisp leaves of lettuce on a flat dish. Put two table-spoonfuls of the salad in each leaf, and put a teaspoonful of fine-chopped cooked beet on top of the potato.

Make a dressing, the same as for oyster salad, omitting the crackers, however. Mix with one quart of potato cubes one table-spoonful of capers, two of chopped cucumber pickles, and one teaspoonful of salt. Now add the dressing, and a teaspoonful of onion juice. Let the salad stand until perfectly cold.

Olives, smoked herring, fine-chopped cooked ham, or smoked salmon, may be combined with potatoes in a salad. Indeed, anything in the way of fish, meat, or vegetable may be used. Care must be taken that such additions do not predominate.

* Lettuce Salad.

Wash leaf by leaf the tender white leaves of two heads of lettuce, and put them into an ice-chest for an hour or two. A short time before the salad is to be served, cut an onion in halves, and rub the inside of a cup with it; then put a quarter of a teaspoonful of salt, one-eighth of a teaspoonful of pepper, and four table-spoonfuls of olive oil into the cup, and after stirring well, gradually add a table-spoonful and a half of vinegar. Lay the lettuce in a salad dish, and pour the dressing upon it.

This dressing answers for any salad of green or cooked vegetables. The onion flavor may be omitted if one prefer.

* Onion-and-Lettuce Salad.

Two heads of lettuce and a small Spanish onion must be taken, as well as six table-spoonfuls of olive oil, three of vinegar, half a teaspoonful of salt, and one-eighth of a teaspoonful of pepper.

After mixing the salt and pepper with the oil, add the vinegar, and stir very thoroughly. Strip off and put aside the green leaves of lettuce; and after washing the heart leaves in cold water, drop them into a pan of ice-water, to make them crisp. Peel the onion (it is well to peel it under water), and with a sharp knife cut it into shavings. Shake the lettuce in a colander until it is free of water. Put the lettuce and onion into a salad bowl in alternate layers, sprinkling a little of the dressing upon each layer. Serve the salad as soon as possible after it is made; or, to put it in another way, do not make it so early that it will stand a long time before being eaten.

The green leaves of lettuce, which were put away at the outset, may be boiled and hashed like spinach, and served as a cooked vegetable.

Aguacate Salad.

The aguacate, or alligator pear, is found in foreign-fruit stores. It is obtained from a West Indies tree; is shaped somewhat like a pear, has a very thin rind, and an extremely large seed-stone. A good-sized aguacate weighs about two pounds, and costs from fifteen to twenty cents. In New York there is a fruit store on Fulton Street, near Fulton Market, where this fruit can almost always be had.

For a salad, use one good-sized aguacate, the tender white leaves from two heads of lettuce, a Spanish onion, and half a pint of Mayonnaise dressing. Cut the onion into very thin slices. Pare the aguacate, and cut it into thin rings. Wash the lettuce, keeping it as crisp as possible. After putting two of the leaves together, place a slice of onion upon them; over the onion lay two rings of the aguacate; and in the centre of these rings put a heaping teaspoonful of Mayonnaise dressing. Dispose of all the material in this manner, and after placing on a flat dish, serve at once.

The onion may be omitted if its flavor be disagreeable.

* Spinach Salad.

To a pint of cold boiled spinach that has been minced, add a dressing made of six table-spoonfuls of oil, two of vinegar, one level teaspoonful of salt, and one-fourth of a teaspoonful of pepper. Arrange the spinach neatly on a dish, and garnish with two hard-boiled eggs. The whites and yolks of the eggs should be chopped separately with a plated knife (a steel blade would discolor the eggs) and be heaped in little mounds on the salad.

When it is planned to have spinach for dinner, the vegetable may be washed, boiled, and chopped early in the day, and it will then be ready to warm with the butter and other ingredients at serving-time. This plan will enable the making of a salad on the same day; or a pint of the minced vegetable may be put aside for the next day, — having the salad on a day when another dish of spinach is not to be served hot.

Spinach salad sometimes is served with roast beef, mutton, or game.

* Salsify in Salads.

Cold boiled salsify makes a pleasant salad when mixed with a French dressing or any other simple dressing. It is also nice when combined in a salad with other cooked vegetables like potatoes, carrots, beans, and cauliflower.

* Peppers in Salad.

After draining some boiled peppers and cutting them into strips, place them in a small bowl, and add to each pint of the peppers a mixture made of the following-named ingredients: three table-spoonfuls of salad oil, one of vinegar, one-third of a teaspoonful of salt, one-fifth of a teaspoonful of pepper, and a few drops of onion juice.

This salad may be served with crackers as a course in a dinner, or be served with hot or cold meats.

* Cabbage Salad.

Chop rather fine a cabbage of medium size, and let it stand for two hours in cold water enough to cover, seasoned with two table-spoonfuls of salt. Beat four eggs well, and add to them one pint of vinegar, half a cupful of butter, a scant table-spoonful of pepper, and a heaping table-spoonful of mustard. Place the bowl containing the mixture in a basin of boiling water, and stir until the mixture begins to thicken, — say for about eight minutes; then remove from the fire and add a table-spoonful of sugar. After draining all the water from the cabbage, pour this hot dressing over it; and as soon as the dish is cold, it is ready to be served. It will keep a week, and is especially nice with cold meats at luncheon or dinner.

* Beet Salad.

Cut cold boiled beets into cubes, and moisten them with any kind of salad dressing. This is a handsome and very palatable dish.

* Orange Salad.

For twelve persons pare eight rather acid oranges, and slice them very thin, cutting down the sides instead of across. Sprinkle half a cupful of sugar, two table-spoonfuls of sherry, and one table-spoonful of maraschino over the fruit, and then put it into the refrigerator for an hour.

This is nice to serve just before game, as it prepares the palate for new dishes. The wine and maraschino may be omitted, and the juice of a lemon used instead.

* Egg Salad.

After boiling half a dozen eggs for twenty minutes, plunge them into cold water, and let them lie there for three minutes; then take off the shells, and cut the eggs in halves. Remove the yolks, and mash them until light and fine. Add to them two table-spoonfuls of butter, one of vinegar, half a teaspoonful of salt, and a quarter of a teaspoonful of pepper, and heap the mixture in the halved whites. Serve on a flat dish with a garnish of lettuce or parsley.

The yolks may be moistened with any kind of salad dressing, in which case the seasoning described above should be omitted.

* Marguerite Salad.

Cut the whites of eight hard-boiled eggs into rings, and mix the yolks with half a pint of Mayonnaise dressing. Arrange sixteen small crisp leaves of lettuce on a flat dish in a tasteful way, having two leaves lie together in such a manner as to be round or almost round. Lay the rings of white upon these leaves, to simulate the petals of a daisy, and heap the yolks in the centre.

If one possess a little originality, there is hardly a limit to the variety of salads that can be made during the summer.

* Cheese Salad.

Use for this salad three hard-boiled eggs, a cupful and a half of cheese, grated fine, one teaspoonful of mustard, one-tenth of a teaspoonful of cayenne, half a teaspoonful of salt, two table-spoonfuls of salad oil, two of vinegar, and a cupful of cold chicken, chopped rather coarse.

Rub the yolks of the eggs until a smooth paste is formed. Gradually add the oil, stirring all the while with a fork; then add all the seasoning. Mix the cheese and chicken lightly with this dressing, and heap the mixture on a pretty dish. Garnish with the whites of the eggs, cut in circles, and with a few white celery leaves or some sprigs of parsley. Serve with water crackers, cold or toasted.

GARNISHES.

Fish Garnishes.

Any kind of fried, boiled, or baked fish may be garnished in the following manner: —

Arrange the fish in the centre of a dish; then place around it a border of sliced tomatoes, and put a teaspoonful of Tartar sauce in the centre of each slice of tomato. Serve at once. The fish must be very hot, and the tomatoes cold. Serve a slice of tomato to each person.

Another garnish for the same kinds of fish is small smooth tomatoes, stuffed and baked. This is particularly nice with baked fish.

Fried or fresh parsley arranged in little groups, with a slice of lemon between each group, forms a good garnish.

Or, a border of the delicate heart leaves of lettuce, with red radishes sliced thin and dropped into the leaves, and a teaspoonful of Mayonnaise put into each group, makes a garnish that is especially suitable for fried or broiled fish.

Stuffed olives, arranged on a thin border of barbe de capucine, make a pleasant garnish for spring.

Groups of crisp sorrel leaves make another nice spring garnish for fried or broiled fish.

Fried oysters may be placed in the centre of a dish on a warm napkin, and a border of celery salad placed around them.

A shallow dish, oval or round, may be filled with celery salad placed in the centre of a warm platter, and surrounded with fried oysters or fried scallops.

When parsley is abundant, a thick border of it may be arranged on a folded napkin laid in the centre of a flat dish. Any kind of fried fish may be used with this garnish. In winter, celery leaves may be substituted for the parsley. Slices of lemon, laid here and there on the green, make the dish more effective.

Fried oysters are frequently served on small squares of fried Boston brown bread. When this is done, garnish with a few sprigs of parsley.

Boiled fish and baked or sautéd fillets require a very different garnish from broiled, fried, or ordinary baked fish.

A contrasting sauce will alone be a sufficient garnish for many delicate kinds of fish, — for example, a pink lobster sauce with a clear white fish. Shrimp sauce, with a dozen of the whole shrimps heated in it, makes another nice garnish.

For boiled fish, a good garnish may be made of rings of the whites of hard-boiled eggs, arranged around the dish, with the unbroken yolks placed in them.

Another way is to chop the whites of the eggs, and rub the yolks through a coarse strainer. Arrange the whites in little mounds, cap them with the yolks, and stick a bit of parsley in the top of each mound. The effect is very pretty.

Still another way is to pour the sauce over the fish, then sprinkle the chopped whites of eggs over it, and finish with the sifted yolks. A few bits of parsley arranged around the edge of the dish will give a good effect.

Boiled potato balls, seasoned with butter, salt, and chopped parsley, make a nice garnish when arranged in groups around a dish, or when heaped in the centre of a circle of fillets.

Cold fish may be seasoned and then garnished with the chopped whites and yolks of hard-boiled eggs and chopped pickles or capers. Sprinkle the whites over the fish; then arrange the yolks and the pickles in very small mounds. Garnish the base with bits of parsley.

A solid block of cold halibut or salmon may be placed in the centre of a dish, sprinkled with a marinade, and then allowed to stand for several hours. At serving-time it may be coated with Mayonnaise, a circle of delicate leaves of lettuce placed at the base of the fish, and sliced olives sprinkled in this. If a little color be desired, a few pieces of pickled beets may be added.

Cut hard-boiled eggs in two, and take out the yolks. Cut a slice from the end of each half, so that it will stand firmly; fill each of these little cups with cooked beets, finely chopped. Garnish a plain boiled fish with this, having the yolks of the eggs alternate with the whites and beets.

A slice of cold salmon or halibut may be sprinkled with a marinade, and allowed to stand several hours in a cold place. It should be placed on a large flat dish, and masked with Mayonnaise. Arrange a circle of the heart leaves of lettuce around it. Put the yolk of an egg and the white and chopped beet in alternate leaves.

Fried Bread.

Fried bread is used as a garnish for soups, and with various entrées. When used for soup, it is cut into small squares. If for a garnish for meat or fish, it is cut into rounds and triangles. The bread must be stale and free of crust. It should be fried in lard or clarified butter. If the bread is to be in rounds, cut it in slices about one-third of an inch thick; with a round pattie-cutter stamp out as many rounds as you wish. Or, if the shape is to be triangular, cut the slices the same thickness, then cut into squares, and cut the squares in two diagonally.

To Fry in Lard. — Have the fat so hot that a blue smoke rises from the centre. Put the bread in a frying-basket, and lower it into the fat. When the bread is a golden brown (which it should be in about one minute), take the basket from the fat, and drain the bread on brown paper.

To Fry in Butter. — Put half a cupful of clarified butter in a large frying-pan, and heat it slowly until it begins to smoke. Put in as much bread as will cover the bottom of the pan. Brown on one side, and then turn and brown on the other. Drain on paper. Be careful not to scorch the butter.

Fried Boston Brown Bread.

Cut the bread in thin slices, and, putting it into the frying-basket, plunge into boiling fat. After cooking for one minute, drain on brown paper.

Crisped Bread for Soups or Garnishes.

Cut stale bread in thin slices, and butter one side of each slice. Cut the slices into whatever shape you fancy. Put the bread, buttered side up, in a shallow tin pan, place the pan in a hot oven, and cook until the bread is a rich brown. It will take about five minutes. Be careful that the bread does not burn. This bread is used for soups and garnishes the same as fried bread.

Crisped Crackers.

Dip small fancy crackers in cold water. Take them out and butter them on one side. Spread them in a shallow pan, the buttered side up, and brown them in a hot oven. Boston butter crackers may be split and treated in the same manner.

Crisped crackers are nice to serve with oyster soups and stews; also with fish and clam chowders.

Toasted Bread for a Garnish.

Stale bread may be cut in thin slices, toasted very brown, and then cut in any form desired. Use the same as the fried or crisped bread.

Royal Custard, for Soup.

Beat well with a spoon three eggs and one-third of a teaspoonful of salt. It must be thoroughly beaten, and yet it should not be frothy. Add one gill of consommé. Butter a cup, and pour the custard into it. Put the cup in a deep pan, and surround it with warm water. Place in a moderate oven, and cook until the custard is firm in the centre. It should cook so slowly that it will require half an hour for cooking. The water should not be allowed to boil. Let the custard cool in the cup; then turn it out, and if any of the surface be rough, trim it off. Cut the custard into squares or cubes, and add these to three quarts of consommé, after the consommé is in the tureen.

When this custard is added to a consommé, the soup is called "Consommé à la royale."

Egg Balls.

Put four eggs into a saucepan, cover them with boiling water, and boil gently for twenty minutes; then put them into cold water for a moment, and afterward remove the shells. Take out the yolks, and pound them in a bowl to a smooth paste. Add a level teaspoonful of salt, about one-tenth of a teaspoonful of pepper, and a well-beaten raw egg. Shape the mixture into balls about the size of grapes, and roll these in flour. Put a tablespoonful of butter on the stove in a small frying-pan, and when it gets hot, put in the egg-balls. Fry them until they turn a delicate brown. They must be watched carefully, and turned frequently. They may be prepared and fried a number of hours before the soup is served.

Frequently the yolks of hard-boiled eggs are put into soups. They are not nearly so nice as egg balls, and it is worth the while to take a little time and trouble for the latter.

Chicken Force-meat Balls.

Chop very fine half of the breast of a large tender chicken, and pound to a smooth paste; then rub it through a coarse sieve. There should be a generous third of a cupful of the meat after it has passed through the sieve. Put a quarter of a cupful of cream into a small saucepan with one-eighth of a cupful of stale bread crumbs and a tiny bit of mace, and cook until the mixture will form a smooth paste when stirred. It will take about ten minutes. Remove the mace, and add a table-spoonful of butter, one-eighth of a teaspoonful of salt, a very little pepper, the meat, and the white of an egg, beaten to a stiff froth. Mix well, and set away to cool. When cold, form into balls about the size of Delaware grapes. Have ready a pan containing a quart of boiling water, slightly salted. Drop in the balls, and place the pan where the water will keep hot without boiling. Cook the balls in this way for five minutes. Turn them into a strainer, and as soon as they are well drained, add them to the soup.

Profiteroles for Soup.

Use one gill of boiling water, two scant gills of flour, half a gill of butter, and two eggs. Put the water and butter in a saucepan, and place on the fire. When the butter becomes melted and the liquid begins to boil rapidly, add the flour, all at one time, and beat well with a strong spoon for two minutes, being careful that the mixture does not burn. Turn it into a bowl, and set away to cool. When it is cold, add the eggs, one at a time, and beat the mixture for a quarter of an hour.

Butter the bottom of a shallow cake-pan very lightly. Drop the cooled mixture into the pan in balls about the size of a pea. Bake in a moderately hot oven for ten minutes; then take them from the pan, and put away until the time for serving in the soup. They should not be put into the tureen until after the soup has been poured in.

If a delicate flavor of cheese be liked, one-fourth of a teaspoonful of grated Parmesan cheese may be added to the butter and water when they are put on to boil.

Effective Combinations of Vegetables.

With a fillet of beef any of the following-named preparations of vegetables may be used as a garnish: Potatoes à la parisienne, peas, stuffed onions, stuffed tomatoes, vegetables à la jardinière, macédoine of vegetables, mushrooms, stuffed, stewed, or broiled, fried sweet potatoes, and Brussels sprouts.

Beef, veal, and lambs' tongues all may be served with a mound of mashed potatoes, or with a purée of spinach, turnip, carrot, cabbage, tomato, or cauliflower, or with artichokes, turnips, stewed carrots, vegetables à la jardinière, macédoine of vegetables, boiled rice, Turkish rice, or macaroni.

Chops and cutlets of veal, lamb, or mutton may be arranged around a mound of mashed potatoes, a timbale of potatoes, a mound of thin fried or French fried potatoes, a mound of peas, beans, asparagus, Brussels sprouts, spinach, salsify, or okra; or they may be disposed on a border of mashed potatoes, and another vegetable, like peas, beans, tomatoes, or cauliflower, may be heaped in the centre; or, again, there may be a combination of vegetables, as à la jardinière, or the macédoine; or a sauce may be poured in the centre.

Carrots and peas, singly or together, afford most effective combinations in garnishes, because of their beautiful colors. Cutlets of game require the same kinds of vegetables that would be served with cutlets of mutton, lamb, or veal. The vegetables suitable with cutlets or chops may be served with almost any kind of entrée made of cold meat. When the made dishes are in the form of croquettes, timbales, cutlets, or quenelles, the vegetables should be served as a purée, or in a simpler sauce, or with only a seasoning of salt and butter. Heap the vegetable in the centre of the dish, and arrange the entrée around it; or a macédoine, or vegetables à la jardinière, may be placed in the centre, and the entrée be disposed on the border.

Purées of Vegetables.

When a purée of vegetables is designed for a garnish, it must be made so dry that it will not spread over the dish when poured upon it; yet it must be moist enough to be served almost as a sauce.

In making a purée, one must pare the vegetable used, if it have any skin, and boil or stew it until tender; then mash it fine, and rub it through a purée sieve; season it, and moisten with stock, or milk, cream, or perhaps some of the water in which it was boiled; and at serving-time make it very hot, and serve it on a warm dish in the form and size desired. The hot entrée should be placed upon the purée, and the dish be served at once. A purée of potatoes does not, however, need to be pressed through a sieve. It is spoiled by standing, and should therefore be served as soon as made.

Here are receipts for a few purées: —

Purée of Cauliflower.

Use a head of cauliflower weighing about two pounds and a half, a cupful of milk or cream, three table-spoonfuls of butter, one table-spoonful of flour, half a teaspoonful of chopped onion, one teaspoonful of sugar, two of salt, and one-third of a teaspoonful of white pepper.

Remove and discard the green leaves of the cauliflower, and wash the remaining part in cold water; then place it, head down, in sufficient cold water to cover it, and add two table-spoonfuls of salt. Soak it for two hours, and at the end of that time put it into a large stew-pan, and add three quarts of boiling water. Cover, and simmer for thirty minutes; then turn into a colander, and drain thoroughly, and afterward turn into a wooden bowl or tray, and pound to a pulp. Finally rub through a purée sieve.

Put the butter and chopped onion into a large frying-pan, and cook slowly for five minutes. Add the cauliflower, salt, pepper, sugar, and flour, and cook for five minutes, stirring all the while; then add the stock or cream, and cook for three minutes longer, stirring all the while. At the end of that time spread the purée on the dish, add the entrée, and serve.

Other Purées.

Spinach is prepared in almost the same manner as cauliflower. There is this difference: use only water enough to cover it when it is boiled; or if the bitter flavor of the vegetable be liked, use only a cupful of water to a peck of spinach. Turnips and carrots will require forty minutes' boiling; asparagus, fifteen, — only the green heads being cooked; peas, from twenty to forty minutes, — the time depending upon their age and freshness; beans can be boiled sufficiently in an hour and a quarter if fresh, or in two hours, if they be rather old.

When tomatoes are used for a purée, most of the liquor must be drained from them before they are put on to cook; and to each quart of the pulp there should be added two table-spoonfuls of powdered cracker crumbs, two level table-spoonfuls of flour, two large table-spoonfuls of butter, one table-spoonful of sugar, a quarter of a teaspoonful of pepper, and one teaspoonful of salt. Cook the tomatoes for half an hour; then add the other ingredients, having the flour and butter mixed together, and cook twenty minutes longer. Finally rub the purée through a sieve.

Purée of Chestnuts.

To garnish a dish that will serve for twelve persons, use fifty Spanish chestnuts, one table-spoonful of butter, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, half a pint of white stock, one gill of cream.

Shell, blanch, and boil the chestnuts in water sufficient to cover them, for half an hour. Drain off the water, and put the nuts in the mortar. Pound them to a powder, and add the butter, the seasoning, and the stock, a little at a time. Continue pounding for ten minutes longer; then rub through a purée sieve. Put the strained mixture in a stew-pan, and cook slowly for one hour, stirring frequently. Then beat in the cream, and cook for five minutes longer. This purée is served with cutlets of turkey and game.

Purée à la Bretonne.

Make a Breton sauce. Pour it in the centre of a warm platter, and in the centre of this sauce heap a pint and a half of boiled Lima beans, seasoned with salt and butter. Arrange cutlets or chops of mutton or pork around this, and serve very hot. Or the garnish may be arranged in a vegetable dish, and served with a roast of mutton.

Rice Border.

Wash a cupful of rice in three waters. Put it in a stew-pan with three cupfuls of white stock. Cook for half an hour. At the end of that time add one level table-spoonful of salt and two table-spoonfuls of butter, and set back where the mixture will cook slowly for twenty minutes. Beat the yolks of four eggs with three table-spoonfuls of cream or milk; stir these into the rice. Butter a border-mould thoroughly; pack the rice into it. Let it stand for eight or ten minutes in a warm (not hot) place, and turn it out on a warm platter. The centre may be filled with any preparation of meat warmed in a sauce. This makes a very elegant and savory dish.

Potato Border.

Pare, boil, and mash nine good-sized potatoes; add to them two table-spoonfuls of butter, a generous half-cupful of boiling milk, one generous table-spoonful of salt, and the yolks of two eggs, well beaten; and beat the mixture until very light. Butter a border mould thoroughly. Pack the potato in it, and let it stand on the kitchen table for about eight minutes. Beat the whites of the eggs to a froth; add a quarter of a teaspoonful of salt to them, and turn the potato border on a warm platter. Cover the potato with the beaten white of the egg, and put the dish into a moderate oven to brown the egg. Take from the oven, and fill the centre with meat or fish heated in a sauce.

FORCE-MEAT.

This is used so extensively in the making of entrées that a good cook should understand its preparation perfectly. When the principles are once mastered there need be no fear of failure in the preparation of the most delicate dish which in a great measure depends for its success upon the quality of the force-meat.

The finest kinds of force-meat consist of raw meat or fish, a panada, either butter, beef suet, or calf's udder, eggs, and seasoning.

To prepare the meat or fish, free it of fat, skin, bone, and sinews; then chop it fine, and pound it to a paste. Put it in a wire purée sieve, and with a wooden vegetable-masher rub it through the sieve. This is the hardest part of the work in making force-meat.

Panada is made by cooking together, until a smooth paste is formed, bread and cream or stock in the proportions of half as much bread as there is cream or stock. If beef suet be used it must be freed of tough fibrous parts, then chopped fine, and pounded with the meat and bread. It is then rubbed through the purée sieve. This is not so delicate as butter or calf's udder, and is not so often used. When a force-meat is made in this manner it is called "godiveau." It is cheaper than the force-meat made with butter or udder.

Calf's udder is a fat-looking substance attached to the inner part of the leg of veal. To prepare it tie it in a piece of netting, and boil it in the stock-pot for one hour. If there be no stock cooking, boil it in slightly salted water. When cold, chop it; then pound, and rub it through a purée sieve. When the udder is used in place of butter, great care must be taken to have it blend with the other ingredients. This is best done by pounding all the ingredients together in the mortar.

In all the rules for force-meats given in this book, butter and cream have been used; but the same quantity of udder may be substituted for the butter, and soup stock may always be used instead of cream in the panada.

It should be borne in mind that all the meat except liver (which is boiled) and all the fish must be raw.

Sometimes the bread may be a little firmer than at others; or it may be cooked too long in the cream, and thus become tough and rather dry, in which case the force-meat will not be so delicate. Again, the force-meat may from various causes be too delicate to keep its form. It is always best to try the mixture after it is finished.

To do this, roll a small piece into the shape of a ball; drop it into a small saucepan of boiling water, move the saucepan back where the water will not boil, and cook the force-meat ball for ten minutes. This is called poaching. Take up and cut open. If it cuts smooth and firm all through, and yet is very tender, it is all right; but if it should be tough, add two table-spoonfuls of cream to each half-pint of force-meat; or if you should use a little Bechamel sauce, it would be better than the cream.

If, on the other hand, the force-meat ball is too soft, and shrinks when cut, add one well-beaten egg to every pint of the force-meat. This will give it more body.

No matter in what form the force-meat may be cooked, the greatest care must always be used to cook it very slowly. The heat must never be above the boiling-point. If the water with which the article is surrounded be allowed to boil, the force-meat will be spongy and tough; but if cooked at the boiling-point, or a little below it, the force-meat will be smooth, fine-grained, and delicate.

Force-meats are used for quenelles, boudins, borders for entrées, in the shape of balls for soups, for raised pies, timbales, etc.

Chicken-Liver Force-meat.

For about a pint and a half of force-meat use six chicken livers, one pint of cream or rich chicken stock, half a pint of stale bread crumbs, three eggs, one generous table-spoonful of salt, one-sixth of a teaspoonful of pepper, eight table-spoonfuls of butter, and one-eighth of a teaspoonful of ground mace.

Wash the livers, and put them in a stew-pan with boiling water enough to cover them. Boil for half an hour, and then take them from the water and let them cool. When cold, pound to a smooth paste, and then rub through a purée sieve. Put the bread and cream in a small stew-pan, and cook slowly, stirring often, until a smooth paste is formed, — it will take about ten minutes for this. Then take from the fire, add the butter to the paste, let it cool slightly, and add the liver, the seasoning, and the eggs, well beaten. Mix these ingredients thoroughly, and cool them. The force-meat is then ready for any purpose.

Sometimes this force-meat is made by using three gills of the liver and three gills of chicken meat. This gives a more delicate dish.

Chicken Force-meat — White.

Use the uncooked breasts of two large fowls, chopped, pounded, and rubbed through a purée sieve. This will give a generous half-pint of meat. In addition will be needed three table-spoonfuls of butter, half a table-spoonful of salt, half a blade of mace, one-eighth of a teaspoonful of pepper, half a pint of cream, one gill of stale bread, free of crust, and the whites of three eggs.

Mix the seasoning with the strained meat. Boil the bread, mace, and cream together until they are cooked to a smooth paste, — about ten minutes; then take from the fire, and add the butter, and then add the meat and seasoning. Beat the whites of the eggs well, and add them to the mixture. Stir until all the ingredients are thoroughly blended.

Chicken Force-meat — Dark.

Make this the same as the white force-meat, with the exception of substituting dark meat for white, and the yolks of the eggs for the whites.

Veal Force-meat.

This is made the same as the chicken force-meat, save that half a pint of veal, chopped, pounded, and strained, is used instead of chicken.

Game Force-meat.

Use half a pint of any kind of game instead of the chicken, and proceed as for chicken force-meat.

Fish Force-meat.

Any kind of delicate fish may be used for force-meat. It must be free of skin, fat, and bone. Pound, and rub it through the purée sieve. Use a generous half-pint of this, and proceed as for chicken force-meat.

Oyster Force-meat.

Use one generous pint of stale bread crumbs, one dozen large oysters, three table-spoonfuls of butter, one teaspoonful of salt, one-eighth of a teaspoonful of cayenne, one teaspoonful of minced parsley, a slight grating of nutmeg, one table-spoonful of lemon juice, three table-spoonfuls of oyster juice, and the yolks of two uncooked eggs.

Chop the oysters very fine, add the other ingredients, pound to a smooth paste, and rub through a purée sieve. Taste, to see if the preparation is salt enough; if not, add more salt.

This force-meat may be used for timbales, or for stuffing any kind of fish or poultry. It may also be shaped into balls or quenelles, which may be covered with the yolks of eggs and bread crumbs, and then fried; or the balls may be made very small, then rolled in egg yolks, and browned in a hot oven. When treated in this manner, they are a nice garnish for soup.

Anchovy Force-meat.

Use one bottle of anchovies, preserved in salt, one gill of stock, one generous table-spoonful of stale bread crumbs, two scant table-spoonfuls of butter, one table-spoonful of lemon juice, a grain of cayenne, and the yolks of two uncooked eggs.

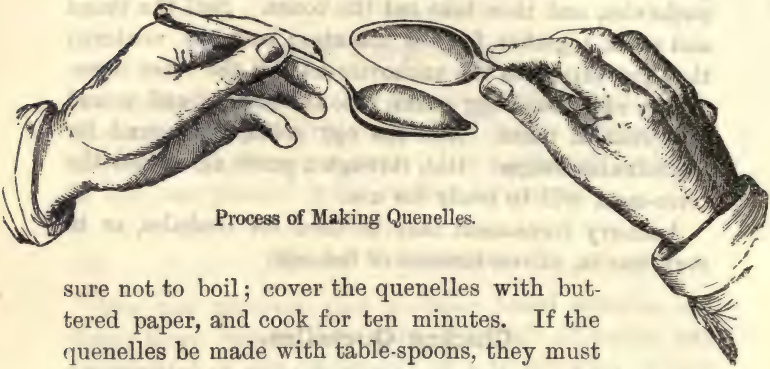
Take the fish from the brine, and wash them, and then soak in cold water for two hours; drain and wipe the anchovies, and then take out the bones. Boil the bread and stock together for ten minutes; cool the mixture; then put this, with the anchovies and all the other ingredients, except the egg yolks, into the mortar, and pound to a smooth paste. Add the egg yolks, and pound for ten minutes longer. Rub through a purée sieve, and the force-meat will be ready for use.

Anchovy force-meat may be used for timbales, or to stuff smelts, olives, turbans of fish, etc.

Chicken Quenelles.

Use the breast of one chicken, half of a calf's brains, half a gill of cream, one generous table-spoonful of stale bread crumbs, one generous table-spoonful of butter, one egg, a level teaspoonful of salt, one-tenth of a teaspoonful of pepper, a slight grating of nutmeg, and half a teaspoonful of lemon juice.

Clean the brains, tie them in a piece of cheese cloth, and boil for half an hour in salted water, or, better still, in stock. Let them cool. Chop the raw chicken breast, and add the brains; pound, and rub through a purée sieve. Add the seasoning. Cook the bread and cream together for three minutes; add the butter, and then add this mixture and the egg, well beaten, to the meat and seasoning. Mix these ingredients thoroughly; set away to cool. When the force-meat is cold, put a pint and a half of chicken stock, or any other light stock, on the fire in a saucepan. Butter the bottom of a small frying-pan. Put some boiling water into a bowl; dip two teaspoons into the water for a moment; fill one spoon with the force-meat, and slip the force-meat on the other spoon as illustrated on page 456. Then slip the quenelle from the second spoon into the buttered pan. When all the quenelles are formed, cover them with the boiling stock; place on a part of the stove where the stock will be sure not to boil; cover the quenelles with buttered paper, and cook for ten minutes. If the quenelles be made with table-spoons, they must be poached for twenty minutes. The small quenelles are used for soups and in ragouts; when made with table-spoons, they may be served with a delicate sauce, as an entrée. With the quantity of ingredients given above, about a dozen and a half small quenelles may be made.


Process of Making Quenelles.

The force-meat may be shaped into balls the size of an olive, and be poached in the same manner as when shaped with a spoon.

Financière Ragout.

Use two cocks'-combs, four table-spoonfuls of chopped truffles, a cupful of mushrooms, cut into dice, one pair of sweetbreads, boiled and cut into dice, half a pint of small chicken quenelles, one pint of Spanish sauce, half a gill of Madeira, and one teaspoonful of salt.

Put all the ingredients in a stew-pan, and simmer for ten minutes. This ragout is used with fillets of poultry and game, with quenelles, as a filling for a timbale, etc. Whenever it is used with a dish, the dish takes its name; as, for example, sweetbreads à la financière. In making this ragout, the simplest way is to buy the cocks'-combs, mushrooms, and truffles all in one bottle. A bottle costing $2.50 will be sufficient for the ragout, and also for a pint of financière sauce. This ragout is so rich that only a very small portion should be served to a guest; the amount given will therefore be enough to serve as a dish intended for a dozen persons. The quenelles may be made with the rule for chicken force-meat for soup. Shape them in teaspoons, and poach in boiling stock for five minutes.

Chicken Ragout.

Put into the double-boiler a pint and a half of cooked chicken, cut into dice, half a pint of mushrooms, cut into small pieces, the yolks of six hard-boiled eggs, the whites of the eggs cut in rings, one teaspoonful of salt, one-fourth of a teaspoonful of white pepper, and one pint of suprême or white sauce. Place on the fire, and cook for twenty minutes.

This ragout may be used to fill a vol-au-vent, to pour into the centre of a rice or force-meat border, or to serve with fillets of chicken.

Ragout of Game.

Put into a double-boiler a pint and a half of any kind of tender cooked game, cut into dice, half a pint of mushrooms, cut into dice, a dozen and a half stoned olives, a teaspoonful of salt, a grain of cayenne, and one pint of Spanish sauce. Place on the fire, and heat for twenty minutes. Add two table-spoonfuls of Madeira and one of lemon juice.

This ragout may be used as a garnish with game cutlets, to fill a border of rice or force-meat, or to fill a vol-au-vent. Small rounds of red tongue may be added to the ragout.

Aspic Jelly.

Use one quart of rich consommé, one gill of Madeira, two table-spoonfuls of lemon juice, two table-spoonfuls of tarragon vinegar, one teaspoonful of salt, and one package of gelatine.

Soak the gelatine in half a pint of the consommé for two hours. At the end of that time put the remainder of the consommé on the fire in a saucepan. As soon as it reaches the boiling-point, add the soaked gelatine and the other ingredients. Draw back to a cooler part of the range, and stir for five minutes. Then strain through a flannel bag or a napkin. The liquid may be cooled in any form one pleases. The amount of materials given will make nearly three pints of jelly.

Aspic jelly is used in such dishes as boned birds, foie de gras, and all kinds of delicate meats and fish. The mode of making it described is the simplest one. If the whites of two eggs be moderately well beaten and added to the hot consommé at the same time that the soaked gelatine and other ingredients are put with it, the jelly may be cleared as directed for clearing jellies. If it be then strained through a flannel bag, the jelly will be as clear as crystal.

Aspic jelly may be used to garnish cold meats, fish, or salads.

Pour the jelly into a flat dish to a depth of about an inch; when firm, stamp it out with fancy cutters. A border of these fancy shapes may be arranged around a salad, a piece of cold fish, or a boned bird.

To make an aspic border, place a border mould in a pan and surround it with ice. Pour the jelly into the border to the depth of an inch. When this is congealed, decorate it with cooked beet and carrot, and the white of a hard-boiled egg, all cut into fancy shapes with the vegetable-cutters. Add two table-spoonfuls of liquid jelly to fasten the decorations in place. When this has hardened, pour in about an inch more of the liquid jelly, and let it stand in a cool place for several hours. This border may be turned on a flat dish, and the centre be filled with a salad or with cold fish. If the border be large enough, a boned fowl or bird may be placed in the centre. The jelly may be cooled in tiny moulds, and each mould be decorated with any of the vegetables named for the border, or with anything else one may fancy.

Glaze.

Meat glaze is used a great deal in high-class cookery. It is consommé boiled down to a thick glue-like substance. One quart of consommé is put in an open saucepan, and boiled until it is reduced to half a pint.

Half-glaze is made by reducing a quart of consommé to one pint. The thicker glaze may be kept for a month or more in a cool dry place.

Glaze is used to give a smooth, glossy surface to cooked meats. It is also added to soups, sauces, and ragouts to give them smoothness and body. When it is used on meats it should be put in a small saucepan, and this saucepan must be placed in another of boiling water; stir the glaze until it is melted, and it is ready to use. A brush or a small piece of cloth is used for spreading the glaze on the meat.

Marinades.

A marinade is a kind of pickle which is used to season meats and fish either before or after they are cooked. It is nearly always added to the meat or fish that is to be used in a salad. Cold boiled fish is sometimes sprinkled with it several hours before serving. Various kinds of cutlets are steeped in a marinade for hours before they are cooked. A leg of venison, and venison chops, steaks, and cutlets, are frequently kept in marinade for a day or longer, before being cooked. There are two kinds of marinades, the cooked and uncooked.

Cooked Marinade.

Put into a stew-pan two table-spoonfuls of butter, two of chopped bacon, three each of chopped onion, carrot, and celery, one clove of garlic, one bay leaf, and one sprig each of thyme and parsley.

Let these cook slowly for twenty minutes; then add three gills of vinegar, and one of water, one teaspoonful of salt, and half a teaspoonful of pepper. Simmer for twenty minutes; then strain and cool. This marinade is particularly nice for cutlets of game and poultry, and for fish.

Raw Marinade.

Mix together three table-spoonfuls of oil and six of vinegar, one teaspoonful of salt, half a teaspoonful of pepper, and half a teaspoonful of onion juice.

If the marinade be for fish, use only three table-spoonfuls of vinegar and three of lemon juice. The onion juice may be omitted if it be not liked. This marinade is suitable for cooked meat or fish that is to be served in a salad.

Essence of Chicken.

Draw and clean a fowl weighing about five pounds. Remove the greater part of the fat. Cut the fowl into small pieces, and place it in a stew-pan, adding three pints of cold water. Place it on the fire, and heat slowly to the boiling-point. Skim carefully, and set back where it will simmer for three hours. At the end of that time add one small slice of carrot, one-fourth of a small onion, and one clove. Cook for half an hour longer, and then strain. Put the liquid in a cool place.

When cold, skim off the fat. The liquid, when chilled, should be a firm jelly.

Essence of chicken is used in making rich sauces and ragouts. A few spoonfuls of it are added to a sauce to give it increased smoothness and body.

The cooked fowl used in making the essence may be served with a sauce.

MEAT AND FISH SAUCES.

This is a branch of cookery which every housekeeper should understand perfectly. There are many simple sauces which can be made quickly and of materials always at hand; but for fine sauces there must be rich, clear stock, and a long, slow process of preparation.

When a sauce is desired clear, smooth, and velvety, the saucepan must be placed on a part of the stove where the sauce will bubble at only one side. The saucepan must not be covered. In two hours' time the sauce will "clear," as it is termed; that is, the butter will have separated from the other ingredients and will float on top, the flour and other ingredients will have combined and dissolved, and the sauce will have a semi-transparent appearance. All fine sauces, such as Spanish, suprême, mushroom, etc., must be cleared in this manner.

When cooking butter and flour together for a thickening, be sure that the butter is hot before the flour is added. When the flour is added, be sure to stir constantly until the liquid is added. If the sauce is to be white, the liquid must be added to the butter and flour before the mixture begins to brown, — that is, while it is still frothy. When the sauce is to be brown, the flour and butter must be cooked together until as brown as a chestnut. These preparations of butter and flour are termed brown and white roux, although as *roux* really means "russet," it can hardly be applied with propriety to a white thickening.

One of the mistakes of the inexperienced cook in making a sauce with a thickening of butter and flour cooked together is that the liquid is added to the thickening before the temperature has been lowered. The pan in which the butter and flour are cooked should be drawn back to a cool part of the range, and the mixture should be stirred until partially cooled; then may be added gradually the liquid, which should be cold, or nearly so, whenever possible.

It should be remembered that a sauce must cook long enough to clear and have the butter separate and come to the top, where it can be skimmed off; or that the sauce should not boil more than ten minutes from the time the liquid is added. When a sauce is cooked less than ten minutes the butter does not separate from the other ingredients. Longer cooking causes the butter partially to separate from the other materials; this makes the sauce greasy unless the cooking be continued long enough to make the separation complete.

For common sauces the quick method is generally used, and it sometimes happens that, by mistake, the sauce is cooked so long that it becomes oily. In this case add a little cold stock or water, and stir until the sauce begins to boil. It will then be perfectly smooth; take it from the fire at once.

If the suggestions here given be remembered and the rules for the various sauces carefully followed, any housekeeper may feel assured of success.

Spanish Sauce.

This is the finest of the brown sauces, and is the foundation of many of the meat and fish sauces. There will be required for it one pint and a gill of consommé, three table-spoonfuls of gelatine, four of flour, four of butter, two of chopped onion, one of chopped carrot, one of chopped celery, one ounce of lean ham, one bay leaf, one sprig of parsley, two cloves, a bit of mace, salt, and pepper.

Soak the gelatine in one gill of consommé for an hour or more. Cook the butter and vegetables together for ten minutes, being careful not to let them burn; add the flour, and cook until brown, stirring all the while. Draw the saucepan back, and gradually add the pint of consommé; boil for three minutes, stirring all the while. Then add the herbs and spice, and put the mixture back where it will simmer, letting it stay there for two hours. At the end of that time add the soaked gelatine, and cook for fifteen minutes longer. Skim the fat from the sauce, and strain. It is now ready to be served as a simple Spanish sauce, or as the foundation for various fish and meat sauces.

Châteaubriand Sauce.

Use one pint of Spanish sauce, one gill of sherry, three table-spoonfuls of butter, a teaspoonful of minced parsley, one table-spoonful of lemon juice, one saltspoonful of salt, and a little pepper.

Beat the butter, lemon juice, salt, and pepper together; then add the parsley. When ready to serve, add this mixture and the wine to the hot sauce; stir for one minute, and serve.

Financière Sauce.

Use one pint of Spanish sauce, one gill of essence of chicken, one cupful of chopped mushrooms, and one small box of truffles, chopped fine. Put all the ingredients together, and let them simmer for one hour; strain, and the sauce will be ready for use.

The materials that remain in the strainer may be put into a stew-pan, with three pints of any kind of stock, and simmered for two hours or longer. This will give a strong flavor of the mushrooms and truffles. This stock may be used for any kind of sauce.

Madeira Sauce.

To a pint of Spanish sauce add one gill of Sicily Madeira. This sauce is used with baked fish and with game.

Venison Sauce.

Put into a stew-pan one pint of Spanish sauce, four table-spoonfuls of currant jelly, one of lemon juice, and one gill of port wine.

Place on the fire, and cook until the jelly is melted. Stir frequently.

Olive Brown Sauce.

Stone two dozen olives. Cook them for half an hour in water or stock enough to cover them. Drain them; put them into a stew-pan, with a pint of Spanish or brown sauce; simmer for five minutes.

This sauce is suitable for broiled steak, roast duck, or any entrée of poultry or game where olives may be used.

Duxelles Sauce.

For this, use one pint of Spanish sauce, one cupful of minced mushrooms, one table-spoonful each of minced onion and parsley, and two table-spoonfuls of butter.

Put the butter and vegetables into a stew-pan; cook over a moderate fire for ten minutes; stir frequently. During the last two minutes stir constantly, and have the stew-pan over a hotter part of the fire. Add this mixture to the Spanish sauce. Simmer for three minutes, and serve. This sauce is suitable for rich entrées or steaks.

Mushroom Brown Sauce.

For a pint and a half of sauce, use one quart of rich consommé, half a pound of fresh mushrooms, or one can and a half of mushrooms, one sour apple, baked, six table-spoonfuls of butter, five of flour, a slight grating of nutmeg, two level teaspoonfuls of salt, and half a teaspoonful of flour.

Put the butter into a stew-pan, and place it on the fire; when hot and beginning to brown, add the flour, and stir until a dark brown. Draw the stew-pan back to a cool place, and stir until the contents are slightly cooled. Add gradually the stock, and stir until it boils; then add the seasoning, the baked apple, and half a cupful of chopped mushrooms. Set back where the sauce will just bubble at one side of the stew-pan for two hours. At the end of that time skim off the butter, and strain the sauce into another stew-pan. Add the remainder of the mushrooms and three table-spoonfuls of consommé.

If the mushrooms be fresh, they must be pared and cut into small pieces. They should simmer for ten minutes in the hot sauce. If canned mushrooms be used, they may be cooked whole, and only for five minutes.

Simple Mushroom Sauce.

Make a plain brown sauce; add one can of mushrooms to it, and simmer for five minutes.

Mushroom White Sauce.

Make a white sauce; after straining, add a can of mushrooms, and cook for five minutes longer.

Suprême Sauce.

For one quart of this sauce use one pint of rich chicken stock, two pounds of shin of veal, one quart of water, one teacupful of butter, five table-spoonfuls of flour, one small onion, one slice of carrot, two cloves, a bit of mace, a slight grating of nutmeg, one bay leaf, a sprig of parsley, two level teaspoonfuls of salt, one-third of a teaspoonful of white pepper, and half a pint of chopped mushrooms.

Cut the veal in small pieces, and put it into a stew-pan with the quart of cold water, the spice and vegetables. Cook slowly for four hours. Strain, and put away to cool; when cool, skim carefully. Add this stock (which should be a clear jelly) to the chicken stock. Put the butter into a stew-pan, and on the fire; when it becomes hot, but not brown, add the flour, and stir until smooth and frothy. Draw the pan back, and stir until the mixture cools slightly; then gradually add the veal and chicken stocks. Stir until this boils; add the chopped mushrooms, salt, and pepper. Move the saucepan back where the heat will be just enough to keep the sauce bubbling at one side of the pan. Cook with the cover off the stew-pan for two hours; then skim off the butter and strain the sauce through a fine sieve.

This sauce should be clear and velvety. To obtain this result, great care must be taken to have the stock used rich and clear, and to have the simmering done slowly.

* Brown Sauce.

For one pint of sauce use one pint of clear brown stock, three generous table-spoonfuls of butter, three level table-spoonfuls of flour, two of chopped onion, one of chopped carrot, one clove, one teaspoonful of salt, and a little pepper.

Cook the vegetables and the butter together, slowly, for half an hour; then draw the stew-pan forward to a hot part of the range. Stir until the preparation is slightly browned; then add the flour, and stir until that is browned. Draw the stew-pan back, and let it cool slightly, stirring the contents all the while; gradually add the stock, and stir until it boils. Add the salt, pepper, and clove, and set the stew-pan back where the mixture will simmer for twenty minutes. Strain, skim off the fat, and serve.

This gives a somewhat thick sauce. If a thinner sauce be liked, use only two table-spoonfuls of flour. This sauce may have added to it the trimmings of mushrooms, a bay leaf, a sprig of parsley, or, indeed, any seasoning that one may choose.

* Brown Sauce for Fish.

Put two table-spoonfuls of pork fat into a small frying-pan, and when it is melted, add two slices of onion, one of carrot, a bay leaf, and a sprig of parsley. Stir for three minutes; then add a heaping table-spoonful of flour, and stir until the sauce becomes dark brown. Add a cupful of stock, and cook three minutes longer. Season with a table-spoonful of lemon juice, and salt and pepper to suit the taste.

Clear Brown Sauce.

Use a table-spoonful of beef extract, one table-spoonful and a half of arrowroot, one cupful and a half of water, a clove, a bay leaf, a small slice of onion, a thin slice of carrot about the size of a quarter of a dollar, a teaspoonful of butter, and salt and pepper to suit the taste.

Mix the arrowroot with half a cupful of boiling water, and boil for five minutes; then add all the other ingredients except the butter; and after cooking gently for ten minutes, add the butter. Boil up once, and strain.

In this sauce consommé may be substituted for the beef extract and water.

* A Simple Sauce for Poultry.

Use a pint of stock (the water in which a fowl was boiled, or stock made by covering the bones of roast chicken with cold water and cooking them for two hours), half a pint of milk or cream, a slice of onion the size of half a dollar, a slice of carrot, a clove, a tiny bit of mace, three table-spoonfuls of butter, three of flour, a heaping teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

Put the butter and flour into a small saucepan, and rub them until creamy; then add the stock, vegetables, and spice, and place the pan on the fire. Stir the mixture occasionally until it begins to boil; then set it back where it will just simmer for half an hour. At the end of that time add the dressing and cream or milk. Let the sauce boil up once; then strain it, and it will be ready for use. It will be found nice to serve with boiled fowl or to warm cold poultry in, giving a delicious fricassee. Cold veal also may be warmed in it. If one intend to do this, the bones and hard bits of veal should be boiled for stock. If one choose, the quantity of butter mentioned at the outset may be reduced one-half, but in that case the flour must be wet with stock when it is put into the saucepan.

* White Sauce.

Into a frying-pan put three table-spoonfuls of butter, one of chopped onion, one of chopped carrot, two of chopped celery, a bay leaf, a sprig of parsley and a sprig of thyme, and simmer slowly for ten minutes, being careful not to brown; then add three table-spoonfuls of flour, and stir until smooth and frothy. Draw the pan back to a cooler place, and gradually add a pint of white stock. Stir until smooth, and then add salt and pepper. Boil for five minutes, and add half a cupful of cream or milk. Boil up once, and after straining, use it. This is good for boiled fish or poultry, and is also a nice sauce in which to heat cold fish or meat.

Another receipt: Use a cupful of white stock, a cupful of cream, one table-spoonful of chopped onion, one of lemon juice, two of butter, two of flour, a teaspoonful of salt, and a quarter of a teaspoonful of pepper.

Cook the butter and onion together, slowly, for ten minutes; then add the flour, and cook until the mixture is smooth and frothy, — probably about half a minute will suffice. At this point gradually add the stock; and after simmering for ten minutes, put in the cream, salt, and pepper. Boil up once, and strain through a sieve; then add the lemon juice.

This sauce is nice for boiled, baked, and broiled fish, and is quite necessary for the finishing touch to halibut à la poulette. Make it while the fish is baking.

* Poulette Sauce.

This is nice with boiled fowl or boiled fish, and may be used with any kind of delicate meat, fish, or vegetables. To make it, take half a cupful of butter, three table-spoonfuls of flour, the yolks of three eggs, one pint of stock or water, one table-spoonful of lemon juice, one-eighth of a teaspoonful of pepper, and one level teaspoonful of salt.

Beat the butter and flour together until smooth and light; then add the salt, pepper, and lemon juice. Gradually pour the boiling stock or water upon this mixture, and simmer for ten minutes. Meanwhile beat the yolks of the eggs in a small saucepan. Gradually pour the sauce upon them. Set the saucepan in another containing boiling water, and stir for a minute and a half; then remove from the stove without delay.

Bechamel Yellow Sauce.

Put three table-spoonfuls of butter into a saucepan, and beat to a cream; then add three level table-spoonfuls of flour, and beat both articles together. Add ten peppercorns, a small piece of mace, a small slice of carrot, half an onion, and a pint of white stock. Tie together a bay leaf, two sprigs of parsley, and one of thyme, and put the bunch into the saucepan with the other ingredients. Simmer for twenty minutes; then strain, and put over the fire again. Add half a cupful of cream, and salt and pepper to meet your taste. Beat together the yolks of four eggs and half a cupful of cold cream. Stir this mixture into the sauce; and after the sauce has been heated to the boiling-point, cook two minutes longer, stirring all the time.

Sauce Allemand.

Put into a saucepan four table-spoonfuls of butter, one slice of carrot, one of turnip, two of onion, two cloves, a small piece of mace, a sprig of parsley, and one bay leaf, and cook slowly for twenty minutes, being careful not to brown; then add two heaping table-spoonfuls of flour, and stir until smooth and frothy, at which time add a pint of white stock, very slowly. Let the sauce boil gently for five minutes; then strain it, and return to the fire. Beat together the yolks of six eggs and half a cupful of cream. Add to the sauce a slight grating of nutmeg, one table-spoonful of mushroom ketchup, a table-spoonful of butter, and salt and pepper to suit the taste. Place the basin containing the sauce in another of boiling water. Stir the beaten cream and eggs into the sauce, and cook for three minutes, stirring all the while. Remove from the fire, and stir into the sauce the juice of half a lemon. Use the sauce at once.

Dutch Sauce.

Rub together two table-spoonfuls of butter and two scant table-spoonfuls of flour until they become smooth and creamy; then add a cupful and a half of white stock, and simmer for ten minutes. Season with a level teaspoonful of salt and one-eighth of a teaspoonful of pepper, and add the yolks of three eggs beaten with half a cupful of cream. Set the basin containing these ingredients into another of boiling water, and stir constantly for three minutes; and after a table-spoonful of lemon juice has been added, the sauce is finished by straining. It is delicious with any kind of fish.

Bearnaise Sauce.

This sauce is made of the yolks of four eggs, four table-spoonfuls of butter, half a teaspoonful of salt, one-fifth of a teaspoonful of pepper, one table-spoonful of tarragon vinegar, one teaspoonful each of chopped parsley and tarragon, and one teaspoonful of onion juice.

Put the butter into a hot cup, and stir until soft and creamy. Put the yolks of the eggs and the salt and pepper into a small granite-ware or tin saucepan, and beat with a Dover beater until the eggs become light; then add the butter in three parts, beating each time until the mixture is smooth. Now add the vinegar, and beat again. Chop the tarragon and parsley, to have it ready for use.

Place the saucepan containing the sauce in another of boiling water, and cook for three minutes, beating constantly with an egg-beater. Take from the fire at the end of that time, and add the chopped parsley and tarragon. Of course, when tarragon is out of season, parsley must suffice. The sauce should be used as soon as finished.

Hollandaise Sauce.

For half a pint of sauce use half a cupful of butter, one-third of a cupful of boiling water, the yolks of four uncooked eggs, one table-spoonful and a half of lemon juice, half a teaspoonful of salt, and one-tenth of a teaspoonful of cayenne.

Fill a pint bowl with warm water; immediately pour out the water and wipe the bowl. Put the butter into the bowl, and beat it until soft and creamy; add the yolks of the eggs, one by one, and beat until they are blended with the butter; add the lemon juice and the salt and pepper, and beat until again smooth. Then take out the spoon, and beat the mixture with the Dover beater for five minutes. Place the bowl in a pan of boiling water, being careful not to have the water come so high that it will boil into the bowl; add one-third of a cupful of boiling water, and cook until the sauce is as thick as a Mayonnaise sauce, beating constantly with the Dover beater. Take from the fire, and it is ready to serve.

This sauce may be served with all kinds of fish, with fillets and steaks, and also with some vegetables. When it is served with boiled fish, half a pint of shrimp or lobster, cut into dice, may be added to it. Or, if convenient, a table-spoonful of ravigote may be added to it.

Ravigote.

This is a combination of four herbs. It is used in sauces and salads. Mince separately one table-spoonful each of chives, chervil, tarragon, and burnet. Mix them together, and you have a ravigote. The meaning of the word is "to revive, strengthen, or invigorate."

Ravigote Butter.

Put half a cupful of butter into a warm bowl, and beat it to a cream; add half a teaspoonful of salt, one teaspoonful of lemon juice, one-third of a teaspoonful of pepper, and one table-spoonful of ravigote.

This butter may be spread on broiled fish or meat of any kind. It may be added to a white or Bechamel sauce, and this will give a ravigote sauce.

Ravigote Sauce.

For this there will be needed four table-spoonfuls of butter, three scant table-spoonfuls of flour, three peppercorns, half a good-sized onion, a slice of carrot, a bit of mace, a bay leaf, a sprig of parsley, a sprig of thyme, a cupful of cream, two cupfuls of chicken stock, a table-spoonful of chopped parsley, a slight grating of nutmeg, and salt and pepper.

Rub together the flour and three table-spoonfuls of the butter, and add all the other ingredients except the cream, chopped parsley, and the remainder of the butter. Simmer for half an hour, being careful that there is no burning. In the mean time pound the spoonful of butter and the chopped parsley in a mortar, and when the mixture looks rather smooth and green, scrape all of it from the mortar and add it to the sauce. Then add the cream; and if there be not seasoning enough, put in a little more salt and pepper. When the sauce boils up, strain it, and it will be ready for use. This is a delicious sauce for all kinds of delicate fish and meats.

Chestnut White Sauce.

Use thirty French chestnuts, one pint of milk, one table-spoonful of butter, one teaspoonful of salt, one-fourth of a teaspoonful of pepper.

Shell and blanch the chestnuts. Boil them, in water enough to cover, for half an hour; drain off the water, and then pound the nuts to a paste. Add the butter, salt, pepper, and the milk, a little at a time, pounding all the while; rub through a purée sieve, and cook for half an hour in a double-boiler. This sauce may be served with boiled turkey or fowl.

Chestnut Brown Sauce.

Use thirty French chestnuts, one pint of brown stock, one table-spoonful of butter, one of flour, one teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

Shell, blanch, cook, drain, and pound the chestnuts; add the seasoning and the stock, a little at a time, pounding all the while. Rub the preparation through a sieve; put the mixture into a stew-pan, and cook gently for half an hour. Then put the butter on the fire in a small frying-pan, and when it is hot and beginning to brown, add the flour; stir until the mixture is a dark brown, and then add it to the chestnut mixture. Cook five minutes, and serve. This sauce is suitable for roast turkey or chicken.

Asparagus Sauce.

This is nice to serve with broiled delicate meats or fish, and is also appropriate for use with roast chicken. It requires the tender green heads from a bunch of asparagus, a pint of white stock, a slice of onion, a small slice of carrot, a bay leaf, a tiny bit of mace, a sprig of parsley, two generous table-spoonfuls of butter, two of flour, and salt and pepper to suit the taste.

Put the butter and flour into a saucepan, and rub them to a cream; then add the seasoning and stock. Heat the mixture slowly, stirring frequently; and when it begins to boil, set it back where it will only simmer for twenty minutes. Meanwhile wash the asparagus tops, and put them into a saucepan with a cupful of boiling water, half a teaspoonful of salt, and half a teaspoonful of lemon juice or vinegar. Cover closely, and boil for twelve minutes; then drain off the water, and rub the asparagus through a fine sieve. Strain upon it the contents of the other pan, and heat to the boiling-point, but not beyond; for much cooking would destroy the delicate green color of the asparagus.

* Oyster Sauce.

This is made of a solid pint of oysters, half a pint of chicken stock, a table-spoonful of lemon juice, four table-spoonfuls of butter, two of flour, and salt and pepper in quantities to suit the taste.

Put the stock on the stove to boil, and set the oysters on to heat in their own liquor. Beat the butter and flour together until light and creamy. Pour the hot chicken stock on the mixture, and after stirring well, set on the stove to simmer. When the oysters have become heated to the boiling-point, skim off the froth and put the oysters into a strainer. Pour the oyster liquor into the cooking mixture, being careful to prevent any shells or sand from passing with the liquor. Cook for ten minutes; then add the oysters, some salt and pepper, and the lemon juice. This sauce should be served hot.

Put one pint of small oysters into a stew-pan, and heat them in their own liquor to the boiling-point. As soon as they begin to boil, remove from the fire and skim carefully; then drain the liquor into another stew-pan. Beat to a cream one-third of a cupful of butter, and three table-spoonfuls of flour. Add to the oyster liquor one cupful of milk, and when the mixture has been heated to the boiling-point, stir in the creamed butter and flour. Let the sauce boil up once, and season with salt and pepper; then add the oysters. This sauce is to be served with boiled fish.

Lobster Sauce.

For a pint and a half of sauce, use a lobster weighing two and a half pounds. Make the lobster butter as directed on page 478.

Cut the tenderest part of the claws into dice. Chop the remainder of the lobster meat, and put it into a stew-pan with one quart of water; simmer for one hour. Put four table-spoonfuls of butter into a stew-pan on the fire, and when hot, add three generous table-spoonfuls of flour, and stir until smooth and frothy. Then add, gradually, the lobster liquor, stirring all the while. Stir until the mixture boils; add a teaspoonful and a half of salt, half a saltspoonful of cayenne, a table-spoonful of lemon juice, and the lobster butter. Cook for five minutes.

Put the lobster dice into a small saucepan; strain the sauce on it, and place on the fire. Boil up once, and serve. This sauce may be served with any kind of boiled fish.

Shrimp Sauce.

After beating a cupful of butter to a cream, add two table-spoonfuls of flour, and beat until light and smooth; then add two table-spoonfuls of essence of anchovy and one table-spoonful of lemon juice. Pour upon this mixture a pint of boiling water. Heat the sauce to the boiling-point without actually allowing it to boil; then add half a pint of fresh or canned shrimp, with the tails cut in two, and a grain of cayenne. Let the sauce get very hot, and use at once.

Use two dozen shrimp, and proceed as for lobster sauce, using half a dozen of the shrimp to cut into dice and add last.

Anchovy Sauce.

Put four table-spoonfuls of butter into a stew-pan, and place on the fire. When the butter is melted, add three table-spoonfuls of flour. Stir until smooth and frothy. Cool a little, and then add, gradually, one pint of white stock or water. Stir until this boils; then add one-fourth of a saltspoonful each of white and cayenne pepper, the anchovy butter, a table-spoonful of lemon juice, and salt enough to season the sauce. As the anchovy butter is salted, one must taste the sauce to ascertain how much salt to use. This sauce may be used with all kinds of fish dishes.

Anchovy Butter.

Pour the brine from a bottle of anchovies, and soak the fish for two hours in cold water. Drain and wipe them. Remove the bones, and place the fish in a mortar, with two table-spoonfuls of butter. Pound to a smooth paste, and rub through a fine sieve.

Work three table-spoonfuls of butter and a grain of cayenne into the strained mixture. If the butter is to be used on toast, a teaspoonful of lemon juice may be added. This butter may be used in various kinds of fish sauces.

Shrimp Butter.

Use five table-spoonfuls of butter, one dozen shrimp, the shells of the shrimp, and a grain of cayenne.

Put the shells and three table-spoonfuls of butter into the mortar, and pound to a powder. Put this into a small saucepan, and place this in another containing boiling water. Cook for one hour. Press the mixture through a piece of cheese-cloth into a bowl of ice-water. It will form in little cakes on the water; skim these off. Put the meat of the shrimp and the two remaining spoonfuls of butter into the mortar, and pound to a paste. Add the red butter, which was obtained by pounding and cooking the shells and butter together. Pound a little longer, and then rub the mixture through a fine sieve.

This butter gives color and body to a shrimp sauce. If lobster coral can be obtained, pound two table-spoonfuls of it with the butter, and then add the fish and the remainder of the butter, and pound all together until a paste is formed. Of course, the shells and cooking will not be necessary in this case.

Lobster Butter.

Pound the coral of a lobster with two table-spoonfuls of butter until a smooth paste is made; then add three table-spoonfuls of chopped lobster and one of butter, and continue pounding until the whole mass is a smooth paste. Rub this through a fine sieve. This butter is used in lobster soups and sauces to give color and richness. Should there be no coral, pound small lobster claws and the butter together, and proceed as for shrimp butter.

Tartar Green Sauce.

The yolks of two uncooked eggs, one gill and a half of olive oil, one table-spoonful of lemon juice, two of vinegar, one of mustard, half a teaspoonful of sugar, one teaspoonful of salt, one-tenth of a teaspoonful of cayenne, one teaspoonful of onion juice, two table-spoonfuls of capers, two of cucumber pickles, one of butter, and one teaspoonful of chopped parsley will be needed.

Put the chopped parsley and the butter into the mortar, and pound until the mixture is a smooth paste; this will require hard blows. Then rub the paste through a small strainer; the strainer will be used again for the pickles and capers. Pound the capers and pickles to a paste in the mortar, and rub them through the strainer into the same bowl with the parsley and butter. Keep this mixture cool. Put a small smooth-bottomed bowl in a tin pan, and surround it with cold water about an inch deep; add a few pieces of ice. Put the dry ingredients and the yolks of eggs into the bowl. Beat with the Dover beater until the mixture is thick and ropy; it will take from three to five minutes for this. Then add the oil, a few drops at a time, until the mixture is so thick that the beater turns with difficulty; then add the oil in larger quantities, say a table-spoonful at a time. When the mixture is thick, add one teaspoonful of the vinegar; continue in this way until all the oil and vinegar are used; then add the lemon juice, and finally the onion juice and the strained mixture.

This sauce should be thick and smooth when done.

It surely will be a success if the dry mixture and yolks of eggs be beaten thick before the oil is added, and if the oil be added only a few drops at a time until the mixture is thick and ropy. After this the oil may be added in generous quantities. Unless the first of the work be done right, no amount of care later will give a thick, smooth sauce.

Tartar Butter Sauce.

Use the yolks of three uncooked eggs, three-fourths of a cupful of butter, half a teaspoonful of salt, one-fifth of a teaspoonful of cayenne, one teaspoonful of sugar, one table-spoonful of mustard, four table-spoonfuls of vinegar, one of lemon juice, one generous table-spoonful each of chopped cucumber pickles and capers.

Pour boiling water into a small bowl, and immediately turn it out again. Wipe the bowl and put the butter in it. With a spoon beat the butter to a smooth soft cream. Put the egg yolks and the dry ingredients into another bowl, and beat rapidly for five minutes with the Dover beater; then add the creamed butter, a spoonful at a time. Beat well after the addition of each spoonful. When all the butter has been used, add the vinegar and lemon juice, a little at a time, beating very thoroughly after each portion is added. When the mixture is smooth and light, add the chopped ingredients. This sauce is nice with fried or broiled meat or fish.

Remoulade Sauce.

Use the yolks of two hard-boiled eggs and the yolk of one raw egg, a scant half-pint of oil, three table-spoonfuls of tarragon vinegar, three of plain vinegar, one teaspoonful of mustard, half a teaspoonful of salt, one-third of a teaspoonful of white pepper, and one teaspoonful of chopped parsley.

Work the cooked yolks of the eggs with a fork on a plate until they are perfectly smooth; then put them into a bowl with the uncooked yolk and the seasoning. Add two table-spoonfuls of the vinegar, and beat with the Dover beater for five minutes. Then add the oil, a teaspoonful at a time, beating two or three minutes between each addition to the mixture. After five teaspoonfuls have been added in this manner the oil may be added in quantities three or four times as large. Whenever the sauce becomes so thick that the beater turns hard, add half a table-spoonful of vinegar. When all the oil and vinegar have been used, add the chopped parsley. This sauce is suitable for fried and broiled meat or fish; it is used also as a dressing for salads.

* Soubise Sauce.

This is made of a pint of pared and sliced white onions, three table-spoonfuls of butter, one gill of white stock, two gills of milk or cream, one table-spoonful of flour, one level teaspoonful of salt, one-eighth of a teaspoonful of pepper, and half a teaspoonful of sugar.

Put the onion into a stew-pan with one quart of boiling water, and boil gently for half an hour. Then, after draining off all the water, add the sugar and one table-spoonful of the butter. Cover the stew-pan, and set it where its contents will cook slowly for one hour, being careful that they do not become browned. At the end of the hour rub the onion through a fine sieve. Return the strained mixture to the stew-pan, and after adding the stock, milk, salt, and pepper, set the pan on the fire. Now beat together the flour and the two remaining table-spoonfuls of butter, and stir this mixture into that which is in the pan when the latter boils. Cook for five minutes, stirring frequently, and have it very hot when it is poured around the meat. This sauce is served with mutton or pork.

Breton Sauce.

Use one generous pint of peeled and sliced onion, one pint of Spanish sauce, three table-spoonfuls of butter, one teaspoonful of sugar, one of salt, and one-fourth of a teaspoonful of pepper.

Put the butter, onions, sugar, salt, and pepper into a small frying-pan, and cook slowly for one hour, stirring frequently. At the end of that time draw the pan forward, and stir the onion constantly until it is brown; then rub it through a strainer into a saucepan; add the Spanish sauce, place on the fire, and stir constantly until the sauce boils. This sauce is served with roast, broiled, or breaded mutton.

* Butter Sauce.

Beat together half a cupful of butter and one tablespoonful of flour. Pour on this mixture half a pint of boiling water. Place the saucepan on the fire, and stir constantly until the sauce boils; then take from the fire immediately.

* Egg Sauce.

Stir three hard-boiled eggs, chopped rather fine, into the butter sauce.

* Cream Sauce.

Put three table-spoonfuls of butter into a frying-pan, and place on the fire. When the butter is hot, add two level table-spoonfuls of flour. Stir this until smooth and frothy; then draw the pan back, and gradually add one pint of cold milk. Replace the pan on a hot part of the stove, and stir the sauce until it boils. Add one teaspoonful of salt and about one-fourth of a teaspoonful of pepper; simmer three minutes, and it is ready for use. A few drops of onion juice will improve this sauce. A teaspoonful of minced parsley may be added when this sauce is to be used for fish or potatoes.

* Bread Sauce.

Use a cupful and a half of dry bread, one pint of stock, a large slice of onion, two generous table-spoonfuls of butter, one teaspoonful of salt, and half a teaspoonful of pepper.

Put the bread on a board, and crush it lightly with a rolling-pin. Put this into a sieve, and sift all the fine crumbs through; there should be half a cupful of these. Put them in the double-boiler, with the onion, salt, pepper, and stock; cook for half an hour; at the end of that time take out the onion, and add one table-spoonful of the butter. The sauce is then ready to serve.

While the sauce is cooking, put one table-spoonful of butter into a frying-pan, and place on the fire. When the butter is hot, add the coarse crumbs that did not go through the sieve. Stir over a hot fire until the crumbs are brown and crisp. This work must be done carefully in order that the crumbs shall be crisp and brown and yet not be burned.

Bread sauce is served with grouse, quail, partridge, ptarmigan, roast chicken, and turkey. The sauce and fried crumbs may be served in separate dishes; or the sauce may be spread on a meat dish, and the birds be placed on this, and the birds and sauce sprinkled with the crumbs. If stock cannot be obtained, substitute a generous pint of milk.

* Tomato Sauce.

Use one pint of stewed and strained tomatoes, half a pint of stock, three table-spoonfuls of butter, two generous table-spoonfuls of flour, one slice of onion, one of carrot, one generous teaspoonful of salt, and half a teaspoonful of pepper.

Cook the butter, onion, and carrot together for ten minutes; add the flour, and stir until frothy; then add the stock, stirring all the while. When smooth, add the tomato, salt, and pepper. Simmer for ten minutes; strain, and serve.

* Matelote Sauce.

The materials of which this sauce is made are: a pint of stock, an onion, a slice of carrot, a teaspoonful of chopped parsley, three table-spoonfuls of butter, two of flour, two of lemon juice, half a teaspoonful of sugar, a teaspoonful of salt, and a quarter of a teaspoonful of pepper.

Put the sugar into a stew-pan, and as soon as it begins to smoke, add the butter, and then the onion and carrot, cut fine. Cook slowly for ten minutes; then add the flour, and stir until smooth. Now add the stock, salt, and pepper, and after boiling up once, set back where the sauce will only simmer for twenty minutes. At the end of that time strain it, and add the lemon juice and parsley. Boil two minutes longer.

* Hot Mustard Sauce.

For a generous half-pint of sauce, use one table-spoonful each of mustard, butter, flour, and tarragon vinegar, one slice of onion, one clove of garlic, half a teaspoonful of salt, one-eighth of a teaspoonful of cayenne, half a pint of stock, and two table-spoonfuls of cold water.

Cook the butter, onion, garlic, and vinegar over a rather hot fire for five minutes; then add the flour, and stir until smooth and frothy. Draw the saucepan back to a cooler part of the fire, and gradually add the stock. Mix the mustard with the cold water, and add this and the salt and pepper to the sauce. Boil for five minutes; strain, and serve. This sauce is for roast beef or veal.

* Mustard Cream Sauce.

This is made of a cupful of milk, three table-spoonfuls of butter, one level table-spoonful of flour, one teaspoonful of mustard, half a teaspoonful of salt, and a grain of cayenne. Put the milk on the stove in a double-boiler.

Beat the butter, flour, and mustard to a cream, and gradually pour upon this cream the boiling milk. Add the salt and pepper, and put the sauce on the stove in the double-boiler, to cook gently for three minutes. It will be found nice to serve with roast clams as well as with baked crabs.

* Horseradish Sauce.

Mix together two table-spoonfuls of grated horseradish, one teaspoonful of mustard, two table-spoonfuls of vinegar, four of cream, and a saltspoonful of salt. Serve with roast beef or cold or broiled veal.

Currant-Jelly Sauce.

Put three table-spoonfuls of butter and one of chopped onion into a frying-pan, and cook until the onion begins to brown; then add a table-spoonful of flour, a bay leaf, a sprig of parsley, and two whole cloves. Stir until the mixture becomes dark brown, and then slowly add three gills of soup stock. When the sauce boils up, add a table-spoonful of lemon juice, half a cupful of currant jelly, and salt and pepper to suit the taste. After simmering for three minutes, strain and use it. This sauce is for venison.

Claret Sauce.

The materials required are a tumbler of stock, a tumbler of claret, half a tumbler of currant jelly, four cloves, two table-spoonfuls of butter, one of flour, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, half a teaspoonful of lemon juice, and a bay leaf.

Put the butter on the stove in a small frying-pan, and when it gets hot, add the flour. Stir the mixture until it turns brown; then draw the pan to the back part of the range, and gradually add the stock. Let the sauce boil up; then add all the other ingredients except the claret. Let the sauce simmer for a quarter of an hour; then add the wine, and boil up once. Strain the sauce, and serve it hot.

Orange Sauce.

This is designed to go with roast duck. In making enough for a pair of ducks, take half a pint of stock, two large table-spoonfuls of butter, one table-spoonful of flour, half a teaspoonful of sugar, a large slice of onion, the juice and a quarter of the rind of a Seville orange, a grain of cayenne, and one-third of a teaspoonful of salt.

Cook the butter and onion together until the latter begins to turn yellow; then add the flour, and cook until the mixture becomes dark brown. Draw the frying-pan to the back part of the stove, and gradually add the half-pint of stock. Now add the orange rind, salt, pepper, and sugar. Let the sauce simmer for ten minutes; then add the orange juice, and cook two minutes longer. Strain and use.

If you cannot get a Seville orange, use the juice of a common orange and one-fourth of the rind, and a teaspoonful of the juice of a lemon. Or the grape fruit, which resembles the shaddock, will answer; it has a little of the peculiar bitter flavor that makes the Seville orange desirable.

Sometimes half a pint of clear stock is seasoned with salt, pepper, and a gill of port; then the juice of half an orange is added; the remaining half of the orange is freed of skin and cut into bits; and after the sauce has boiled up once, these morsels of fruit are added, and it is served hot with roast duck.

* Piquant Sauce.

This is intended to be an accompaniment for roast and broiled meats, and some kinds of fish. It makes an agreeable change from mint sauce, when served with roast lamb. The ingredients are: a pint of stock, four table-spoonfuls of butter, three of flour, four of vinegar, one of chopped onion, two of chopped capers, two of chopped cucumber pickle, one teaspoonful of sugar, one of salt, and one-tenth of a teaspoonful of cayenne.

Put the butter on the stove in a frying-pan, and when it gets hot and begins to turn brown, add the flour. Stir the mixture until the flour is dark brown; then draw the pan back to a cooler place, and gradually add the stock, stirring all the time. Add also the salt and pepper, and draw the pan to a place where its contents will boil gently for ten minutes. Meanwhile put the onion, vinegar, and sugar into a saucepan, and boil rapidly for five minutes; and at the end of the ten minutes mentioned in the preceding sentence, add these ingredients to the sauce, together with the capers and pickle. Boil rapidly for three minutes, and the work will be finished.

* Caper Sauce.

Beat to a cream two table-spoonfuls of flour and half a cupful of butter, and pour upon it a pint of boiling water. Set the mixture over the fire, and stir constantly until it has become heated to the boiling-point. Season with a little white pepper and a grain of cayenne, and add a table-spoonful of lemon juice and three of capers.

* Parsley Butter.

Beat three table-spoonfuls of butter to a cream, and then add one table-spoonful of lemon juice, one of chopped parsley, half a teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Beat these ingredients into the butter, and it will be ready for use. It is nice to spread upon fried or broiled fish, and also over potato balls. When intended for the latter, however, half a table-spoonful of lemon juice will be enough.

* Mint Sauce.

After rinsing some mint in cold water, place it on a board, and chop it fine with a sharp knife. Put with a quarter of a cupful of mint, half a cupful of vinegar and one teaspoonful of sugar. The sauce should stand at least ten minutes before it is used.

* Cranberry Sauce.

Pick over and wash a quart of cranberries, and after putting them into a stew-pan with a scant pint of water, and pouring a pint of sugar over them, cook for twenty minutes, stirring often. Rinse a mould with cold water, and pour the stewed cranberries into it. Set away to cool and harden.

* Cranberry Jelly.

Pick over and wash a quart of cranberries. Put the fruit into a stew-pan, — either porcelain-lined or granite-ware, — and add half a pint of water and a pint of sugar. Heat quickly to the boiling-point; then stir well, pressing the berries to the sides of the stew-pan to crush them. Cook for twelve minutes from the time they begin to boil. Rinse a mould in cold water, and at the end of the twelve minutes press the mixture through a strainer. Put it into the mould immediately, and set away to harden. As soon as it becomes cold it will be firm.

VEGETABLES.

In the past, housekeepers have been rather neglectful of opportunities offered by vegetables to vary the family fare, but now-a-days, happily, they give considerable attention to the subject. The cooking of vegetables calls for the same skill and taste that are employed in making a delicate dessert. Perfect cleanliness, cooking the vegetable only until it is tender, and serving it with salt and sweet butter or a delicate sauce, are the things necessary to secure perfection.

During the fall and summer all kinds of vegetables should be abundant in every part of the country; but for many reasons vegetables often are scarce and poor where they should be plentiful and good. Every farmer should set apart a plat of his warmest and richest land for a kitchen garden, and every farmer's wife and daughter should know when vegetables are at their best, and also how to cook them in the best manner.

Neglect to Gather Vegetables soon Enough.

One of the great mistakes which American gardeners make consists of allowing green vegetables to grow too large and rank before gathering them. Turnips, carrots, beets, radishes, etc., should be gathered while they are small and delicate in flavor. String beans should not be picked after the seed begins to form in the pod, or they will be found tough and not very digestible when cooked. Pick green peas before they are fully grown. When allowed to grow to a large size, they acquire a strong flavor and become less digestible. Of course, such varieties as the marrowfats and champions will be both large and tender. Sweet corn should have the ears just filled, but the kernels should be tender and juicy.

Vegetables Best if Cooked soon after Picking.

It is surprising what a difference there is in the time required for cooking many vegetables which have stood a day or two after the picking, as compared with those which have come fresh from the garden. For example, peas that are picked in the early morning for use the same day can be cooked in about half the time that would be needed if the same peas were kept a day or longer. Besides, the flavor of vegetables that are cooked while fresh is much superior to that of those which have stood for some time.

Ears of green corn that are just filled will, if plunged into boiling water as soon as gathered, cook in ten minutes, or perhaps in less time; while the same corn, if kept for one or two days, will require twice as much time for cooking, and will not be so tender and fine-flavored as if cooked at once. This is where one having a garden of her own has a great advantage of the housekeeper who is obliged to get her supplies from the market. Eating green peas and corn in the country spoils one for anything that can be bought in a city market.

A piece of cooking-soda about the size of a pea will, if added to a quart of peas or beans, make them tenderer and preserve the green color. It should not be added until the vegetables are half cooked.

Points to be Remembered.

Some of the summer vegetables last a long time, and others only a few weeks. Gardeners obtain fresh peas and beans throughout the season by planting more than one crop; therefore housekeepers will do wisely to avoid having either so frequently at the outset as to become tired of them before half the summer has gone. Remember, always, that a great variety of vegetables at any meal is secondary to both freshness and perfect cooking. There is no sauce for vegetables which can rival sweet butter and a little salt. When fresh vegetables are to be cooked the water should be boiling when they are put into it, and salt should not be added until the cooking is nearly finished. The articles should be served promptly after they have been over the fire the prescribed time, for the most delicate will become dark and strong-flavored if cooked too long.

It may be well to state that freshness and flavor may be, in a measure, restored to wilted vegetables by the use of ice-water.

Time was when all the Northern markets depended upon the South for most of the fresh vegetables that were sold after the frost came; now, however, there are dealers who raise the greater part of such vegetables in hot-houses and cold frames, so that one may get tomatoes, cucumbers, Brussels sprouts, spinach, lettuce, radishes, mushrooms, etc., picked fresh each day for the market. This is true, also, of the many salads, which are not so well known as they should be. But, after all, it is only the rich who can afford to buy the forced vegetables. The housekeeper of moderate means may, nevertheless, enjoy the pleasure of a variety, for there are vegetables in abundance and at very reasonable prices; the only difficulty lies in their proper preparation for the table.

Few housekeepers are familiar with the changes that take place in the tuberous vegetables as the season advances, and continue to cook them as if they were fresh from the garden. The carrots, turnips, potatoes, onions, and cabbages that were crisp and delicate when stored in the fall become somewhat wilted and quite strong-flavored by spring, and should stand in cold water for several hours before being cooked.

Carrots, turnips, onions, and cabbage should be cooked in a great deal of water, — at least four times the quantity of vegetables, — and should be boiled only long enough to cook them thoroughly. Continuing to boil vegetables after they are done, or cooking them in an insufficient quantity of water, makes them dark and gives them an unsatisfactory flavor. The average housekeeper does not give half enough attention to this matter.

It is a good plan to use rice, hominy, and macaroni as vegetables during the winter and early spring. Remember that fully as acceptable a variety of dishes may be obtained, from day to day, by cooking a small number of vegetables in divers ways as by cooking a large number in only one way. Proper cooking and good modes of serving are of more account than a varied selection of materials.

When Various Vegetables may be Appropriately Used.

Inexperienced housekeepers often are much perplexed in regard to vegetables; they cannot easily decide what to serve with various kinds of meat and fish, being doubtful about either the vegetables themselves or the most appropriate ways of serving them. In large cities the housekeeper has a great variety of vegetables from which to select, the year round. Scattered through the twelvemonth there are about forty kinds; and when fresh vegetables cannot be had, canned goods may be obtained. In the country a woman's choice is more limited, though the common winter vegetables, supplemented with a few canned articles, permit of frequent changes of dishes. Too many people are content to cook a vegetable always by the same mode. To the average housekeeper the potato appears to be about the only vegetable capable of being served in a variety of forms. Receipts for cooking potatoes are, to be sure, very numerous, yet many rules can be found for nearly all common vegetables.

In American families of moderate means, the dinner seldom consists of more than three courses; indeed, in a majority of cases there may be only two courses, — meat or fish with vegetables, and the dessert. The number of courses increases with the amount of style in which people live, though one will find that among refined folk the number in a family dinner is not more than five or six, and in a company luncheon or dinner not more than six or eight. This is a sensible change. Time was when about a dozen courses were thought to be a necessity when guests were to be entertained.

In a two-course dinner several kinds of vegetables are served at the outset, whereas in a dinner of many courses only one kind of vegetable, or at the most two kinds, should be provided with each dish of meat or fish.

Fish. — There may be served with baked, boiled, broiled, and fried fish, potatoes and tomatoes in any form; also cucumbers and green peas. When fish has curry sauce as an accompaniment, it also should have rice; if it have cream sauce, any kind of potatoes except fried may be served, besides onions. Fish is, however, such a delicate dish that a vegetable of pronounced flavor should not be served with it; therefore onions should be made as delicate as possible by boiling in a plentiful supply of water, changing the water several times, and finally adding cream sauce to the vegetables. It used to be the fashion not to serve anything with fish; but bread, potatoes in some dainty form, and green peas are now provided.

Roast Beef. — Any of the following-named vegetables may be served with roast beef: boiled, mashed, or mashed and browned potatoes, potato puffs, potatoes roasted under the meat, boiled or baked sweet potatoes, squash, mashed turnips, boiled rice, boiled hominy, cauliflower, Brussels sprouts, stewed celery, boiled okra, parsnips, young beets, beet greens, green corn, green peas, Lima beans, shelled beans, butter beans, — indeed, all kinds of fresh beans, — spinach, kohl-rabi, tomatoes, onions.

Beefsteak. — Potatoes in any form may be served with beefsteak. For dinner or luncheon it is best to have them baked, or mashed, or fried in balls, thin slices, or by the French mode; for breakfast or supper have them fried or baked, or warmed over in some palatable form. At dinner hominy or rice is a good substitute for potatoes. When steak forms a part of a dinner or luncheon, any of the vegetables given with roast beef may be served with it; or vegetables à la jardinière will be found an excellent accompaniment. Again, vegetables à la macédoine may be served with steak. Cold vegetables may be warmed in one of a variety of attractive modes. Asparagus, salsify, mushrooms, and artichokes all are good with steak.

Vegetables à la jardinière ought always to go with stewed, braised, or rolled beef, though boiled and baked potatoes, rice, and hominy, turnips, parsnips, carrots, peas, beans, tomatoes, and sweet potatoes all are good with beef cooked in any of the three ways mentioned.

Corned Beef. — There are some vegetables which appear almost indispensable, — potatoes, turnips, cabbage, beets, and carrots. There are, however, several substitutes for cabbage, such as spinach, beet greens, Brussels sprouts, dandelions, chiccory, and lettuce. Kohl-rabi may take the place of turnips. Parsnips and sweet potatoes are good with boiled corned beef.

Mutton and Lamb. — The vegetables appropriate to serve with boiled mutton are boiled potatoes, turnips, carrots, cauliflower, Brussels sprouts, okra, salsify, onions, spinach, and any kind of green beans. With roast mutton serve potatoes, rice, hominy, sweet potatoes, mashed turnips, onions, beans, peas, asparagus, spinach, salsify, tomatoes, squash, corn, or macaroni.

The vegetables suitable for serving with roast lamb are potatoes, asparagus, peas, beans, spinach, lettuce, young carrots, white turnips, summer squash, and salsify.

Any of the vegetables named for beefsteak may be served also with mutton or lamb chops or cutlets.

Pork. — With roast pork the following-named vegetables are appropriate: white and sweet potatoes, squash, onions, turnips, carrots, parsnips, tomatoes, spinach, okra, cauliflower, Brussels sprouts, kohl-rabi, salsify, rice, and hominy. Remember, too, that a dish of roast pork is incomplete without apple sauce.

Veal. — Roast or braised veal tastes best with young carrots, white turnips, or spinach. Among other vegetables very good to serve with it, are fresh beans, peas, asparagus, okra, tomatoes, lettuce, dandelions, parsnips, creamed cabbage, young beets, and beet greens.

Poultry and Game. — The most suitable vegetables with boiled turkey and chicken are potatoes, cauliflower, turnips, stewed celery, macaroni, parsnips, onions, Brussels sprouts, and artichokes. If the poultry be roasted the vegetables should be about the same, — beans of all kinds, green peas, cauliflower, white and sweet potatoes, rice, mushrooms, salsify, corn, turnips, carrots, and macaroni.

Game of all kinds should be so cooked and served that none of the natural flavors will be disguised. For this reason the sauces and the vegetables which accompany the meat should be of such a character that they will combine in a pleasing way with the game flavor. Celery is excellent; it may be served plain, stewed, and with a white sauce, or with Mayonnaise dressing. In the last-named form celery is good with any kind of game. In a dinner of many courses it is customary to serve with the game a sauce, a salad, — almost always uncooked vegetables, — and bread. Here is a list of vegetables good with any kind of game: green peas, French beans, sweet potatoes, when boiled, glazed, or cooked au gratin; tomatoes, stuffed, broiled, or in a salad; white potatoes, as croquettes, or puffs, or fried in balls; cauliflower, when cooked au gratin; spinach, à la crème; and some tastes are gratified with stuffed onions as a companion of wild ducks. Unless there be an olive sauce, olives should be served with ducks. Sometimes fried hominy is served with grouse and ducks.

The vegetables appropriate to serve with roast goose are not especially numerous. Onions and potatoes are considered by most people to be necessary adjuncts; so is apple sauce. Sweet potatoes, squash, rice, turnips, peas, beans, cauliflower, Brussels sprouts, salsify, and okra all are suitable.

In arranging the bill of fare for a dinner, avoid placing two similar vegetables in the same course, unless they are to be served à la macédoine or à la jardinière. The common vegetables may be classified as follows: —

1. Cabbage, chiccory, spinach, lettuce, endive, dandelions, cauliflower, beet greens, Brussels sprouts.
2. Turnips, salsify, kohl-rabi.
3. Squash, sweet potatoes.
4. Shelled beans, peas.
5. Rice, hominy, macaroni, white potatoes.

Now, if squash be used, sweet potatoes should not, in the same course; or if turnips be served, salsify should not.

POTATOES.

The potato is one of the most common vegetables, and yet its characteristics are not very well understood by the majority of housekeepers. The potato may be soaked in cold water for twelve or more hours before being cooked, and will be improved rather than injured; but let it stand in but little moisture after it is cooked, for even ten minutes, and it would be spoiled. The potato is composed largely of starch. The uncooked starch does not unite with moisture, but as soon as it is cooked it absorbs moisture like a sponge. A good potato will be light and mealy as soon as it is baked or boiled, but if the cooking be continued it will become dark, heavy, and strong-flavored.

In warming over potatoes, or in using them in a salad, there is an objection to a very mealy potato. When potatoes are new they are rarely mealy, and are therefore particularly nice for salads and for warming over. German potatoes are sold in large cities for these purposes. They are small, and, like a new potato, will not crumble if cut into cubes or in slices. If one have neither new nor German potatoes, mealy potatoes may be used for the purposes mentioned, if they be under-boiled.

* Boiling Potatoes.

There are many ways of boiling the vegetable. It really makes no difference in the quality of the potato whether it be put into cold or boiling water, when it is put on to cook, but it does make a little difference in the care to the cook. If they be covered with boiling water they can be timed to a minute, and there will be no care except to put in the salt and to take them off as soon as the time is up. If, however, they be put on in cold water, it will not be possible to time them accurately. Again, a potato may be so mealy that the outside will be broken to pieces before the centre is cooked. This happens only when the boiling is violent.

Here is a rule that has never failed to give a perfectly cooked potato in all seasons and in all parts of the country: Put the potatoes in the boiler and on the fire. Cover them with boiling water. Cover the boiler, and let them cook half an hour. Remember it is half an hour from the time the water is poured over them, not from the time they begin to boil. When they have been cooking fifteen minutes, add a table-spoonful of salt for every twelve potatoes. The boiling should be only moderately brisk. At the end of half an hour pour off every drop of water. If the potatoes must be kept hot for any length of time, lay a folded towel over them, and place the kettle on the back part of the stove. They will keep hot and mealy for hours, if cared for in this way.

* Princess Potatoes.

Cooked by the following simple mode, potatoes are rendered delicate and delicious. A quantity of cold mashed ones should be used. Cut into strips about two inches long, one inch wide, and half an inch thick. Have in one saucer a table-spoonful of melted butter, and in another a beaten egg, and dip the strips of potato first into the butter and then into the egg. With a knife, lay them in a lightly buttered tin pan, and cook in a hot oven for twelve minutes. Serve at once. An egg and a table-spoonful of butter will suffice for about a pint of potatoes.

Duchess Potatoes.

Grate five cold boiled potatoes of medium size. Mix five level table-spoonfuls of flour, a quarter of a teaspoonful of baking-powder, and a teaspoonful of salt; then lightly mix the grated potatoes with these ingredients, and add half a cupful of milk and two well-beaten eggs. Have ready in a Scotch bowl or a deep saucepan boiling lard to the depth of about three inches, and drop the mixture into the lard by small spoonfuls. About half of the entire quantity can be cooked at one time. Fry for eight minutes, and serve on a napkin.

The potatoes used should be light and dry; the eggs should be beaten with vigor; the mixing of the ingredients should be done thoroughly, and the fat should be so hot that blue smoke rises from the centre of the pan.

* Potato Omelet.

This requires nine potatoes of medium size, three table-spoonfuls of butter, one level table-spoonful of salt, one-third of a teaspoonful of pepper, and half a cupful of hot milk.

After paring the potatoes, cover them with boiling water, and cook for half an hour; then drain off all the water, and mash the potatoes until fine and light. Add the salt and pepper, and two table-spoonfuls of the butter, and after mixing well, gradually add the hot milk, beating all the while. The mixture should be very light. Put the remaining table-spoonful of butter on the stove in a large frying-pan; and when it gets hot, and before it has become browned, turn the potato into the pan, spreading it smoothly. Cover the omelet, and set it where it will brown slowly and evenly. It should be done in ten minutes. Fold it, and turn out on a hot dish. Serve at once.

* Escaloped Potatoes.

Cut a quart of cold boiled potatoes into very thin slices, and season with half a teaspoonful of salt and a level table-spoonful of pepper. Next butter an escalop dish. Put two table-spoonfuls of butter into a frying-pan, and when the butter has become hot, and before it has become browned, add a table-spoonful of flour. Stir until a white froth has formed, and then draw the frying-pan to a cooler part of the stove, and add very gradually a pint of cold milk. After about a third of this quantity has been thus used, move the frying-pan to the hottest part of the range, and stir the mixture constantly until it bubbles; then add the remainder of the milk, and let it all boil up. Season with a little pepper, and a third of a teaspoonful of salt. Spread a layer of this sauce on the bottom of the escalop dish, then a layer of potato, another of sauce, and another of potato, and finish with one of sauce. Cover with fine dry bread crumbs, and cook in the oven for twenty minutes.

The potatoes can be sliced and seasoned the night before, and the crumbs and dish placed in readiness on the table, so that the work in the morning may be quickly done.

A dish of creamed potatoes may be made by putting the seasoned potatoes into the sauce, and heating them for five minutes.

* Hashed Potatoes in Cream.

Pare, and chop rather coarse, enough cold boiled potatoes to make a quart. Put them into a stew-pan with one teaspoonful of flour, one of salt, and one-fourth of a teaspoonful of pepper. Mix these materials lightly, and add a scant pint of sweet milk. Set the stew-pan into another containing boiling water, and cook the mixture until it gets boiling hot, — say about twelve minutes; then add a table-spoonful of butter, and a teaspoonful of chopped parsley. Remove the stew-pan from the water, and set it where its contents will boil up once. Taste, to be sure that there is enough seasoning; then serve.

* Potatoes au Gratin.

Butter a gratin dish or a stone-china platter, and spread upon it a quart of cold potatoes cut into cubes. Dredge well with salt and pepper, and sprinkle a teaspoonful of fine-chopped parsley over the dish. Cover with a pint of cream sauce, and place in the oven for ten or twelve minutes. In that time the potatoes should become slightly browned. Serve at once.

To Make the Sauce. — Put two table-spoonfuls of butter into the frying-pan, and when melted, add a table-spoonful of flour. Stir until the mixture is smooth and frothy;

then draw back to a cooler part of the stove, and gradually add a pint of milk. Season with salt and pepper, and boil for a moment.

Hashed and Browned Potatoes.

For six people use one quart of cold boiled potatoes, cut into cubes, two table-spoonfuls of butter, one of flour, a level table-spoonful of salt, half a teaspoonful of pepper, and one cupful of stock.

Sprinkle half the salt and pepper on the potatoes. Put one table-spoonful of the butter on the stove in a frying-pan, and when it becomes hot, put in the flour. Stir until smooth and brown; then gradually add the stock and the remaining salt and pepper. Cook for three minutes; then add the potatoes, and cook for five minutes, stirring three or four times with a fork, and being careful not to break them.

Now put the second table-spoonful of butter on the stove in another frying-pan, and when it becomes hot, turn the potatoes into this pan, spreading them lightly. Cook for ten minutes on a rather hot part of the stove, being careful that they do not get burned. When the mixture becomes browned, fold it like an omelet, and turn out on a hot dish.

It is better to have the potatoes a little under-boiled for this dish, as they will keep their shape. Follow the rule carefully.

* Hashed and Browned Potatoes, in Cream Sauce.

Use for six persons one quart of cold boiled potatoes, cut into cubes, one slice of onion, two sprigs of parsley, one slice of carrot, three table-spoonfuls of butter, one level table-spoonful of salt, one-fourth of a teaspoonful of pepper, two scant table-spoonfuls of flour, one pint of milk, and one cupful of grated bread crumbs.

Beat the flour and two table-spoonfuls of the butter together, in a saucepan. Add the onion, parsley, carrot, and half the salt and pepper. Heat the milk, and pour it gradually upon the contents of the saucepan; then set the pan on the stove. When the milk begins to boil, set the pan back where the milk will only simmer for five minutes.

Season the potatoes with the remainder of the salt and pepper, and put them into a gratin dish or a shallow escalop dish. Strain the hot sauce over them. Now sprinkle the crumbs over the dish, and dot them with the third, or remaining, table-spoonful of butter. Set the dish in a rather hot oven, and cook for twenty minutes. Serve without delay.

* Potatoes Warmed in Chicken Gravy.

Chop a quantity of cold boiled potatoes rather fine, and season with salt and pepper. Put a teaspoonful of butter in a frying-pan, and when it is melted, put in the potatoes. To each quart add half a pint of chicken gravy. Stir frequently with a fork until the potatoes have become very hot and brown.

Any other kind of gravy may be used in the same way with potatoes.

* Stewed Potatoes.

This savory dish will require a quart of raw potatoes, chopped rather fine, a generous teaspoonful of salt, one-fourth of a teaspoonful of pepper, one table-spoonful of flour, one of butter, one cupful of milk, and one of water.

Pare and chop the potatoes, and let them stand in a quantity of cold water for ten minutes; then pour off the water, and put the potatoes into a stew-pan with all the other ingredients except the milk and flour, and simmer for twenty minutes. Now mix the milk with the flour, and add to the articles which are cooking. After ten minutes' further cooking, serve at once.

If stock be used instead of milk and water, the potatoes will be much richer and more savory.

* Dry Stew of Potatoes.

Use two quarts of thin-sliced raw potatoes, about a quarter of a pound of fat salt pork, one level table-spoonful of salt, and half a teaspoonful of pepper.

Soak the potatoes in cold water for half an hour. Have the pork cut in very thin slices. Put about one-fourth of it in the bottom of a deep pudding-dish; then put in half the potatoes, and sprinkle half the pepper and salt over them. Now put in the remainder of the potatoes, and sprinkle with the balance of the salt and pepper. Spread the remainder of the sliced pork over the potatoes. Cover the dish, and bake it in a moderate oven for half an hour. When that time has passed, remove the cover from the dish, and bake for twenty minutes more. Serve at once in the same dish.

This is excellent for dinner, luncheon, or supper when meat or fish is not available. It is both nutritious and savory. To some tastes a table-spoonful of grated onion, mixed with the potatoes, will be considered as an improvement.

* Casserole of Potatoes.

After paring eight good-sized potatoes, cover them with boiling water, and cook for half an hour; then pour off all the water, and mash the potatoes until fine and light. Add two table-spoonfuls of butter and a teaspoonful and a half of salt; and when these ingredients have been beaten into the potato, add a generous half-cupful of milk. Have ready a tin mould, warm and well buttered, and pack the potato into it. Let the casserole stand for five minutes; then turn out on a platter.

In order to be successful one must be not sparing of butter when greasing the mould. A charlotte-russe or jelly mould answers well for holding the potato. A pretty way to serve the casserole is to turn it out upon a buttered tin sheet, cover with beaten egg, and brown in the oven.

Potato Timbale.

In order to make a timbale large enough for eight persons, use eight large potatoes, one table-spoonful of salt, four table-spoonfuls of butter, half a teaspoonful of white pepper, three eggs, one cupful of hot milk, and one-third of a cupful of crumbs.

Pare the potatoes, and, putting them into a stew-pan with boiling water enough to cover them, cook them for half an hour. Put the milk on to heat. Pour all the water from the potatoes, and mash them until fine and light. Add half the butter and all the salt and pepper. Beat the mixture a little, and gradually add the milk, beating all the time. Finally add the eggs, well beaten.

Butter a charlotte mould or any other plain mould with the remaining two spoonfuls of butter, and sprinkle the bottom and sides with the crumbs, having as many as possible cling to the butter. Pack the mould with the potato, and place in a moderate oven for half an hour. Let it stand for ten minutes after it comes from the oven; then turn out the contents very gently on a flat dish.

* Potato Balls.

With a vegetable-scoop, cut two quarts of balls out of raw potatoes, and put them into cold water. A quarter of an hour before serving-time, put them into a saucepan with boiling water enough to cover, and cook for twelve minutes. After pouring off all the water, dredge the balls with salt, and let them stand on the back of the range to dry off.

* Potato Balls with Cream Sauce.

Pare a number of large round potatoes, and cut balls from them with a vegetable-scoop. A dozen potatoes will give about sixty balls, if the largest scoop be used. Cover the balls with boiling water, and cook them twelve minutes; then pour off the water, and add to the balls a pint of boiling milk. Into this stir two table-spoonfuls of butter mixed with one of flour, and also a seasoning of salt and pepper. Boil up once, and serve.

A teaspoonful of chopped parsley improves the appearance of the dish.

There is another nice mode of serving potato balls. When all the water has been drained from them, add a teaspoonful of lemon juice, half a teaspoonful of salt. one-quarter of a teaspoonful of white pepper, and three table-spoonfuls of butter, mixed with one teaspoonful of chopped parsley. This mode is particularly nice when the potato balls are to accompany some dish of fish. There should be no delay in serving.

* Potato Cakes.

These are made by shaping into small flat cakes cold mashed potatoes left from a previous meal, putting them on a buttered tin, spreading them lightly with soft butter, and placing them in a hot oven for a quarter of an hour. Serve at once.

* Roasted Potatoes.

If the cooking be perfect, roasted potatoes are an excellent accompaniment of roast beef; but if it be faulty, and the potatoes come from the oven hard and dry, this mode of cooking is not likely to be a favorite. The potatoes should be large. Pare them, and cover with boiling water; and after fifteen minutes' cooking, take them out and drain them. Now put them into the dripping-pan containing the roast beef, and cook for twenty-five minutes. Baste several times with the beef gravy. Serve the potatoes as a garnish around the roast.

* Saratoga Potatoes.

After paring six large potatoes, slice them very thin, and put them into three quarts of cold water. Let them stand all night in a cold place, — in the ice-chest, if possible. In the morning pour off the water, and put in some that is fresh, as well as a large piece of ice. When the potatoes are brittle, drain about a pint of them, and, putting them into a frying-basket, lower them into a kettle one-third full of boiling fat. Cook for ten minutes, lifting them with a spoon from the bottom of the pan two or three times while they are frying. Drain the potatoes well, and turn them into a dish lined with soft brown paper. Continue cooking the potatoes in this way until all are done.

A great many points are to be observed: The slices should be cut equally thin; they should stand long enough in cold water for the extraction of a large part of the starch and coloring matter; they should be so cold when put into the fat as to be brittle; the fat should be smoking hot, and be kept boiling all the time; and care should be taken to prevent the potatoes from burning.

The particles of water that cling to the potatoes turn to steam on coming into contact with the fat, and the expansion will force the fat out of the kettle, unless the basket be lowered gradually.

This may seem to be a great deal of space to devote to fried potatoes; but they are worth it.

* Lyonnaise Potatoes.

Cut into cubes enough cold boiled potatoes to make one quart. Season them with a generous teaspoonful of salt and one-third of a teaspoonful of pepper. Put three level table-spoonfuls of either pork, sausage, or ham fat into a large frying-pan, and add two table-spoonfuls of minced chives. Cook for three minutes, stirring all the time. Add the potatoes, and stir with a fork, being careful not to break them, until they become browned and very hot. Now add one teaspoonful of minced parsley, and cook for a minute longer. Turn into a hot dish, and serve at once.

If butter be preferred, it may be substituted for fat. One table-spoonful of minced onion may be used instead of the chives. Use more salt and pepper if you choose.

* Sautéd Potatoes.

Cut into balls or cubes enough raw potatoes to make a quart. Put them in a stew-pan, and cover with boiling water. Cook for ten minutes; then drain off the water, and add four table-spoonfuls of clarified butter. Shake over a hot fire until the potatoes are a golden brown. Dredge with salt, and serve at once.

* Potato Chowder.

For this dish will be required two quarts of pared and sliced potatoes, five good-sized onions, pared, and sliced very thin, half a pound of salt pork, two quarts of water, two table-spoonfuls of flour, and salt and pepper for seasoning.

Cut the pork into thin strips, and fry slowly until it turns light brown; then add the onions, and cook slowly until they have become slightly browned. Put a layer of sliced potatoes into the soup-kettle, then a thin layer of pork and onion, and dredge with salt, pepper, and flour. Continue putting in these alternate layers until all the solid materials have been used; then add the water. Heat the chowder slowly to the boiling-point, and simmer for forty minutes afterward.

* French Fried Sweet Potatoes.

Cut cold boiled potatoes into sixths, lengthwise. Season them with salt, and, putting them into the frying basket, cook in fat for five minutes.

This is one of the most delicious ways of serving sweet potatoes.

* Fried Sweet Potatoes.

Cut cold boiled sweet potatoes in slices about an inch thick, and season with salt and pepper. For each quart, cut a quarter of a pound of fat salt pork in thin slices; and after frying until it is brown and crisp, remove it from the pan and put in enough of the sliced potatoes to cover the bottom. Fry until brown on one side, and then turn and brown the other. Keep the cooked slices hot until all have been fried. Place in a hot dish, and serve with the slices of pork laid around the potatoes.

Great care must be exercised to prevent the potatoes from becoming burned during the frying.

Use large potatoes. After paring them, cover them with boiling water and boil for one hour; then let them cool in the water in which they were boiled. When they are cold, cut them into slices about half an inch thick, and season well with salt and pepper. For each quart bowlful of sliced potatoes, allow a quarter of a pound of fat salt pork. Cut it in thin slices, and fry slowly for about ten minutes; then put it on a hot part of the range, where it will grow crisp rapidly. When it is crisp, take it up, and cover the bottom of the frying-pan with slices of potato. Cook until brown on one side; then turn and brown on the other. When all have been cooked, place in a hot dish, and garnish with the slices of pork. Serve very hot.

This is a favorite mode of frying potatoes in Southern homes. It leaves them moist, and makes them delicious.

* Escaloped Sweet Potatoes.

Slice enough cold boiled sweet potatoes to make three pints, and sprinkle with a teaspoonful of salt and a little pepper. Butter a large shallow dish, and spread the potatoes in it, making a layer not more than an inch thick. Melt one-third of a cupful of butter in one-fourth of a cupful of boiling water; and after sprinkling a quarter of this liquid over the potatoes, put them into a hot oven. In ten minutes sprinkle another quarter of the liquid over them; and repeat the act twice more at intervals of ten minutes. After the final sprinkling, let the dish bake ten minutes longer, or forty minutes in all.

This is a nice entrée for dinner, and is also appropriate for breakfast. It may be made much richer by using more butter and no water for the basting. Sometimes a table-spoonful of sugar is mixed with the butter and water, but it is doubtful whether an improvement is thus made.

Glazed Sweet Potatoes.

Cut cold sweet potatoes in slices about an inch thick, and season well with salt and pepper. For a quart of potatoes, melt half a cupful of butter, and add two tablespoonfuls of sugar to it. Dip the slices in this liquid, and lay them in a large pan. Cook for twelve minutes in a very hot oven. The potatoes should turn a rich, glossy brown in that time. Serve hot. They are nice for luncheon, dinner, or supper.

* Carrots with Cream Sauce.

Scrape, wash, and cut into cubes enough carrots to make a quart when cut up. Put them into a stew-pan with two quarts of boiling water, and cook them for one hour; then pour off all the water except half a gill.

Add one teaspoonful of sugar and one of salt, and boil rapidly until all the water evaporates; then add the sauce, and serve at once.

To Make the Sauce. — Put three gills of milk into a stew-pan, and when it boils, add two table-spoonfuls of butter that has been beaten, with a level table-spoonful of flour, to a froth. Now add half a teaspoonful of salt and one-eighth of a teaspoonful of pepper. Cook for three minutes before pouring over the vegetables.

* Stewed Carrots.

Pare and slice enough carrots to make three pints, and cut them into cubes about half an inch square. Put these into a stew-pan containing two quarts of boiling water, and cook for an hour; then drain off all the water, and add a heaping teaspoonful of sugar, two table-spoonfuls of butter, half a teaspoonful of salt, a little pepper, and half a pint of stock. Cook rapidly until the stock has almost boiled away.

Stewed Turnips.

Proceed exactly the same in cooking turnips as you do in preparing carrots, except that the turnips should be cooked for only half an hour.

Parsnips with Butter Sauce.

Scrape and wash the parsnips. Cut them in slices about five inches long and one-third of an inch wide. Put one quart of these slices in a stew-pan with two quarts of boiling water. Cook them for three-quarters of an hour. When they have been boiling for half an hour, add one table-spoonful of salt. When they are done, drain off all the water, and put the parsnips in a vegetable dish. Dredge them lightly with salt, and pour half a pint of butter sauce over them.

* Fried Parsnips.

Let it be assumed that some parsnips were left from a dinner. Allow the butter sauce (which should be provided with boiled parsnips) to cling to them, and after dipping in beaten egg and bread crumbs, put them into the frying-basket, and plunge into boiling fat. Cook for five minutes.

If the parsnips have not had butter sauce and salt and pepper on them, season them well before frying.

Parsnip Fritters.

Put a pint of flour into a sieve, and add to it one teaspoonful and a half of baking-powder and a scant teaspoonful of salt. Mix thoroughly, and rub through the sieve. Next beat two eggs till light; and after adding a pint of milk to them, stir the mixture into the flour. Follow with the addition of a pint of cold boiled parsnips, grated fine; and after beating the mixture thoroughly, drop it by spoonfuls into boiling fat, holding the spoon close to the liquid before you venture to drop the contents. Cook the fritters for about five minutes, and serve very hot. There should be fat enough to float the fritters, and it should smoke before they are dropped in.

* Creamed Onions.

After boiling half a dozen onions in three quarts of water for one hour, pour off the liquor, and cut the onions into small pieces. Season with salt and pepper, and pour a pint of cream sauce over them. Serve very hot.

To Make the Sauce.—First put a pint of milk into a saucepan to boil. Rub to a cream two table-spoonfuls of butter and one generous table-spoonful of flour; and when the milk begins to boil, stir this cream into it. Continue the stirring until the sauce is smooth. Season with salt and pepper, and boil up once.

* Escaloped Onions.

Prepare the onions just as if they were to be served as creamed onions. Put them into an escalop dish before pouring the sauce over them, and after sprinkling them with a small cupful of bread crumbs, bake in a moderate oven for twenty minutes.

By some people it may be considered as an improvement to use a table-spoonful of grated cheese with the crumbs.

Stuffed Onions.

Boil six large onions gently for an hour in clear water in plenty. At the end of the stated time remove the onions from the water, and with a sharp knife cut a piece from the centre of each. Mix together two tablespoonfuls of fine-chopped ham, three of bread crumbs, one of butter, three of milk or cream, one egg, half a teaspoonful of salt, and a grain of cayenne. Fill with this mixture the spaces made in the onions. Sprinkle with dry crumbs, and put half a teaspoonful of butter on top of each onion. Place on brown earthen plates, and bake slowly for an hour. Serve with cream sauce.

Spanish onions are especially delicious prepared in this manner.

* Stewed Tomatoes.

Pare ripe tomatoes, and then cut them into small pieces. Put them in a stew-pan, and simmer for half an hour. At the end of that time add, for each quart, a teaspoonful of salt, one-fourth of a teaspoonful of pepper, and two table-spoonfuls of butter. Simmer for ten minutes longer.

This is a dish as to which tastes vary a good deal; ten minutes' cooking being all some persons give it, whereas others stew the tomatoes two hours. A teaspoonful of sugar and half a cupful of cracker crumbs are sometimes added with the butter and other seasoning.

Canned tomatoes can be treated the same as the fresh, except that they will require but half as much cooking.

Baked Tomatoes.

Cut the skin from one end of each of half a dozen good-sized smooth tomatoes. With a teaspoon scoop out about half of the pulp, and mix it with two table-spoonfuls of butter, two of powdered cracker, one teaspoonful of salt, one of sugar, and half a teaspoonful of pepper. Fill the cavities with this mixture, and after sprinkling the tomatoes with crumbs, bake them in a moderate oven for half an hour.

Breaded Tomatoes.

The tomatoes should be firm and cold. The variety called beefsteak tomato is the best for breading. Before doing any other work, get ready a kettle of hot fat, roll and sift a quantity of bread crumbs, and beat two eggs. All this is necessary because the tomatoes grow soft and juicy if allowed to stand. Pare and slice them, and after seasoning well with salt and pepper, dip each slice in beaten egg and then in bread crumbs. When all the slices have been treated in this manner, dip them again in the egg and crumbs; then place them in a frying-basket, and plunge into boiling fat. Cook for about a minute and a half. For six people, about four large tomatoes, two eggs, and a cupful of crumbs will be required.

* Broiled Tomatoes.

After paring and slicing the tomatoes, and seasoning suitably with salt and pepper, dip the slices in beaten egg and in crumbs. Broil over clear coals for about eight minutes. Place on a hot dish, with a bit of butter in the centre of each slice. This dish is good for breakfast, luncheon, or tea.

Another way of cooking the tomatoes is to put a little butter into a hot frying-pan, and brown the tomatoes on both sides in the pan.

* Sliced Tomatoes.

For this dish one should use only such tomatoes as are ripe and smooth. Put them into a bowl, and pour boiling water upon them. This will loosen the skins, so that the paring is an easy task. As soon as the tomatoes have been pared, place them where they will become very cold; and when they are cold, slice them with a very sharp knife, and then place the dish on ice again until the time of serving.

* Tomato Fritters.

Use for these fritters a can of tomatoes, eight slices of stale bread about half an inch thick, one table-spoonful of butter, one of flour, one teaspoonful of salt, one of sugar, one-fourth of a teaspoonful of pepper, two eggs, and a pint of crumbs of bread or crackers.

Cook the tomatoes, salt, pepper, and sugar together in a stew-pan for ten minutes. Rub the flour and butter together, and stir into the cooking mixture. Cook for three minutes longer; then rub through a strainer.

Spread the slices of bread on a platter, and pour the strained tomato over them. After they have stood for about half an hour, turn them over and let them stand ten minutes longer, that both sides may be well covered with the sauce.

Beat the eggs well, and dip the toast first in the eggs and then in the bread crumbs. Put a few slices into a frying-basket, and cook in boiling fat for two minutes, repeating the process until all the slices have been thus treated. Drain well, and serve very hot.

* Boiled Asparagus.

After cutting the tough ends from the asparagus, wash it in cold water and tie it again in bundles. Put it into a stew-pan with salted boiling water, — a teaspoonful of salt to every quart of water, — and boil for twenty-five minutes. On taking from the fire, drain off the water. Now untie the bundles, and place the asparagus on slices of toast. Season with butter and a little salt.

Or, the asparagus may be cut in two-inch pieces and boiled as directed. Drain off all the water. Put the asparagus in a vegetable-dish, and season with butter and a little salt. This is a very satisfactory way to cook and serve the vegetable.

* Asparagus Points.

Cut off the tender green heads of asparagus. Wash them, and then boil in salted water from fifteen to twenty minutes. These are served like peas.

Asparagus with Eggs.

Use two bunches of asparagus, half a dozen eggs, three table-spoonfuls of butter, and three level teaspoonfuls of salt.

After cutting off the tough ends, wash the rest of the asparagus, and cut it in pieces about two inches long. Place it in a saucepan with enough boiling water to cover it, and boil for twenty-five minutes, adding two teaspoonfuls of salt at the end of the first quarter of an hour. When done, take from the fire and drain off all the water. Place the asparagus in an escalop-dish or gratin-dish. Spread half the butter on it, and then set the dish where the asparagus will keep hot while the eggs are being beaten. Beat them till rather light; then add a teaspoonful of salt and the remainder of the butter, broken into bits. Pour this mixture over the asparagus, and set the dish in a moderate oven for four minutes. Serve very hot.

This dish may be served as an entrée.

* Green Peas.

Shell the peas. Put them in a stew-pan with boiling water enough to cover them, and add a table-spoonful of salt for each quart of peas. Boil from twenty minutes to an hour, the time depending upon the age and condition of the peas. Those that require an hour's boiling to make them tender are not of a delicate flavor when cooked. Drain off almost all the water, and season the peas with butter and salt.

French Peas.

Open a can of French peas, and turn them into a strainer. Rinse them thoroughly by pouring cold water over them. Put them in a flat-bottomed stew-pan, and add to them one table-spoonful of butter, one teaspoonful each of salt and sugar, and one gill of stock. Cook rapidly, having the stew-pan uncovered, until the peas have absorbed all the liquid. Serve at once.

Fresh peas may be finished in this manner after they have been boiled and drained.

* Boiled Salsify.

As the season for delicate green vegetables goes by, people turn to vegetables of a somewhat heavier kind. Salsify, or oyster-plant, is one of the most palatable tubers, and may be cooked in a variety of ways. If it is simply to be boiled, first remove the tops (which are not used) from two bunches, and cover the bunches with cold water. Next put a quart of cold water and a table-spoonful of lemon juice into a bowl. Scrape the salsify perfectly clean; and as each piece is finished, drop it into the liquid in the bowl, which will keep it white.

When ready to cook the salsify, drain it carefully and put it into a clean stew-pan with boiling water enough to cover it. Boil for fifty minutes, adding a teaspoonful of salt at the end of the first half-hour. At serving-time drain the plant thoroughly, and season it with salt and pepper and a table-spoonful of butter; or serve with butter sauce.

Salsify grows dark in cooking unless it be kept in water from the time it is scraped until it is boiled. It should not be cooked in an iron kettle.

Salsify à la Poulette.

Boil the salsify as already directed, and serve with a sauce made as follows: Put two table-spoonfuls of butter and one of flour into a small saucepan, and rub them to a smooth paste. Add a piece of onion the size of a quarter of a dollar, a tiny bit of mace, one-tenth of a teaspoonful of white pepper, half a teaspoonful of salt, and a cupful and a half of white stock. Let the mixture boil for ten minutes; then add the yolks of two eggs, beaten with a quarter of a cupful of stock. Stir the sauce on the back of the stove — where it will not boil — for one minute; then add a teaspoonful of lemon juice, and strain immediately. Split the pieces of salsify, and lay them in a warm dish, and pour the sauce over them. Serve very hot.

The eggs may be omitted if one prefer. The sauce will then be white, which is a good color in an accompaniment of salsify.

* Fried Salsify.

Use the cold salsify left from a dinner. Dip it in beaten egg and then in bread crumbs, and after placing it in a frying-basket, put it into boiling fat. It should fry brown in a minute and a half. If any sauce cling to it when it is breaded, so much the better. Serve hot.

* Boiled Green Corn.

The time of boiling corn depends so much upon the age of the vegetable and the time that it has been picked that it is impossible to give a definite rule. Corn that is tender and freshly picked will cook in ten minutes. Some people cook it for only five, but that is hardly enough. When the corn is older it will take from fifteen to thirty minutes to cook.

Remove the husks and the fine silk from the ears. Put the corn in a stew-pan with boiling water enough to cover it, and boil until done. Take it from the water, spread a napkin on a flat dish, and lay the corn on it. Draw the ends of the napkin up, so as to cover the corn. Serve at once.

Sometimes the inner husks are left on the corn; but the silk is of course removed. The corn may be served in the husks, or they may be removed after the corn is boiled.

* Green Corn in Cream.

Husk the corn, and boil it for ten minutes. Cool it a little. Draw a sharp knife down each row of kernels, thus cutting every kernel in two. Press the corn from the husks with the back of a knife. When all the corn is ready, put it in a saucepan, and to each pint add half a teaspoonful of salt, half a teaspoonful of sugar, one-fourth of a teaspoonful of pepper, one table-spoonful of butter, and three-fourths of a cupful of milk or cream. Simmer for ten minutes, and serve very hot.

This is the most satisfactory mode of preparing the corn when it is at all old and hard.

* Canned Corn.

Put a can of corn in a stew-pan with three gills of milk, one teaspoonful each of salt and sugar, and one-fourth of a teaspoonful of pepper. Simmer for twenty minutes; then add a generous table-spoonful of butter, and serve.

* Lima Beans.

These beans should stand in cold water for at least an hour before they are cooked, and at the time of cooking two quarts of boiling water should be allowed for each quart of beans. An hour's cooking probably will be sufficient. The beans should be seasoned with salt, pepper, and butter; or white or poulette sauce should be served with them.

Dried Lima beans, if used, should be soaked in cold water over night. Cook them for two hours, and season them with salt and butter.

* Succotash.

Use a pint of shelled beans, ten or a dozen ears of corn, half a pint of cream or milk, two table-spoonfuls of butter, one teaspoonful of salt, and one-fourth of a teaspoonful of pepper.

Wash the beans, and boil them for an hour in clear water. Pour off the water at the end of that time, and put into the stew-pan a gill of boiling water, the milk or cream, and the corn cut from the cob. Heat the dish to the boiling-point, and then let it simmer for a quarter of an hour. After this time has passed, add the butter, salt, and pepper to the corn and beans; then boil up once and serve.

If the corn be fresh from the garden and very tender, from five to ten minutes' simmering will cook it sufficiently, whereas, if it be a trifle old, from twenty to thirty minutes' cooking may be required.

* Escaloped Corn and Tomatoes.

Use one pint of cold boiled corn, cut from the cob, or one can of preserved corn, one pint of pared and chopped tomatoes, one level table-spoonful of salt, half a teaspoonful of pepper, three table-spoonfuls of butter, one teaspoonful of sugar, and a generous half-pint of grated bread crumbs.

Mix together the corn, tomato, seasoning, and two table-spoonfuls of the butter, and pour the mixture into an escalop-dish, — one that will hold three pints. Spread the bread crumbs over the mixture, and dot with the third table-spoonful of butter. Bake in a moderate oven for half an hour.

This dish may be used for luncheon, dinner, or tea.

* Cauliflower.

This is a handsome and delicate vegetable. It is a pity that more people do not know how to cook it properly. Frequently a head of cauliflower, which was white and delicate when it went to the kitchen, is red and strong-flavored when placed on the table, and perhaps has a thick coating of melted butter and flour, or a thick sauce of flour and milk, which tastes as if it were prepared for a paste rather than a sauce.

There are many ways of cooking this vegetable, but the simplest is the best. The cauliflower should be washed thoroughly, and then allowed to stand in cold water for a quarter of an hour or longer; it should next be put into a stew-pan — either one of granite-ware or one with a lining of porcelain — with a plentiful quantity of boiling water; and after the cover has been put on the stew-pan, the cauliflower should be simmered for half an hour, if it be fresh, crisp, and of moderate size, or for forty minutes, if it be rather large; it should then be drained and placed in a deep vegetable-dish; and finally a sauce should be poured over it.

The simplest and best sauce is made by beating two table-spoonfuls of butter and one of flour to a cream, pouring over this mixture three gills of boiling milk, and adding half a teaspoonful of salt after the liquid has boiled for five minutes. Half a teaspoonful of salt should be sprinkled over the cauliflower before the sauce is poured over it.

* Escaloped Cauliflower.

Put a good-sized cauliflower into a kettle containing two quarts of boiling water, and after adding a table-spoonful of salt, cook the vegetable slowly for half an hour. At the end of that time remove it, and after allowing the water to drip from it, break the cauliflower apart, and put a layer into an escalop-dish. Moisten with cream sauce, and sprinkle with grated cheese; then put in another layer, pour the remainder of the sauce over it, and sprinkle thickly with cheese and bread crumbs. You will need a pint of sauce, a scant half-pint of bread crumbs, and two table-spoonfuls of cheese — or more if you desire a strong flavor. Cook the dish for twenty minutes, and serve as soon as it comes from the oven.

To Make the Sauce. — Put two table-spoonfuls of butter into the frying-pan, and when it becomes melted, add a table-spoonful of flour. Stir the sauce until it is smooth and frothy; then gradually add a pint of cold milk. Season with salt and pepper, and boil up once.

* Creamed Cabbage.

For six persons use two quarts of sliced raw cabbage, two table-spoonfuls of butter, one of flour, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, and one cupful of milk.

After letting the sliced cabbage stand in cold water for an hour, drain it, and put it into a stew-pan with two quarts of boiling water. Cover closely, and boil gently for ten minutes; then pour off all the water, and add two quarts of fresh boiling water. Cover the pan, and set it where its contents will boil gently for an hour and a half; then drain off all the water, and chop the cabbage rather coarse. Put it into a frying-pan with the butter, salt, and pepper, and stir over the fire for five minutes; then cover, and set back where the mixture will cook slowly. Mix the milk gradually with the flour, and when a smooth mixture has been formed of the two ingredients, pour it over the cabbage. Draw the pan forward where the dish will only simmer for the next ten minutes. Serve hot.

* Escaloped Cabbage.

Cook the cabbage as directed for creamed cabbage, using a generous cupful of milk. Turn the cooked mixture into an escalop-dish, and sprinkle over it a pint of grated bread crumbs and one table-spoonful of grated Parmesan cheese. Bake for half an hour, and serve as soon as it comes from the oven.

* Stewed Cabbage.

Take two quarts of chopped cabbage, two quarts of boiling water, eight slices of rather lean salt pork, one generous table-spoonful of butter, and one teaspoonful of salt.

Put the cabbage into a stew-pan, and after adding the salt and butter, lay the slices of pork on top of the cabbage. Pour the boiling water into the pan, and cook for an hour. Add some Indian dumplings at the end of that time, and cook fifteen minutes longer.

Indian Dumplings. — These require a cupful of Indian meal, one-fourth of a cupful of flour, one cupful of milk, one level teaspoonful of salt, one teaspoonful of baking-powder, and a small egg.

Mix all the dry ingredients, and rub them through a sieve. Beat the egg until it is light. Add the milk, and after pouring this liquid mixture upon the dry one, beat both thoroughly. Drop from a spoon upon the boiling cabbage; and after covering the stew-pan, cook for a quarter of an hour.

Brussels Sprouts Sauté.

Use one quart of sprouts, three table-spoonfuls of butter, one teaspoonful of sugar, one table-spoonful of salt, one teaspoonful of flour, and one-quarter of a teaspoonful of pepper.

After ridding the sprouts of the loose hanging leaves, soak them in cold water for half an hour; then wash them, and put them on the stove in a stew-pan containing two quarts of boiling water. Boil for half an hour, adding a teaspoonful of salt at the end of the first ten minutes. At the end of the half-hour drain off all the water, and add the sugar, butter, pepper, flour, and one teaspoonful of salt. Shake the pan over the fire until the sprouts become colored slightly, — say for about four minutes; then turn the vegetables into a warm dish, and serve at once.

Brussels Sprouts in Cream Sauce.

Wash and boil a quart of sprouts as for the sauté, and after draining them carefully, put a cupful of milk into the stew-pan with the sprouts, and set the pan where its contents will boil. Now beat together one table-spoonful of flour and two of butter. Stir this mixture into the milk, and add one-fourth of a teaspoonful of pepper and one teaspoonful of salt. Simmer for five minutes.

* Boiled Okra.

The okra should be fresh and tender. Wash it, and then cut off the stems. The pods are so sticky that care must be taken to avoid breaking them, else it will be difficult to get them perfectly clean. This is why they should be washed before the stems are removed. Put them into a stew-pan, and cover with a liberal allowance of water. For each quart of okra put in about three ounces of lean salt pork. Boil for an hour, or even longer, unless it be tender by that time. When it is cooked, pour off the water and season with salt. Serve hot.

If you object to pork, cook the okra in clear water; and when it is done, season with salt and butter.

* Spinach à la Crème.

Pick apart, leaf by leaf, a peck of spinach. Throw away the decayed portions, and put the rest into a large pan of water. When this has been done, take the pan to the sink and wash the spinach free of sand. This is a difficult operation, requiring much care and a great deal of water. Two pans should be used, and only a few pieces of spinach washed at a time. They should then be laid in the second pan, in clean water; and after the first pan has been very thoroughly rinsed and filled again with fresh water, wash the spinach again, and return it to the first pan. Continue the washing from pan to pan until no trace of sand can be found. No other method will give clean spinach, and unless one be willing to take all the pains described, it would be better to do without the vegetable.

Now that the spinach is clean, put it into a large stew-pan, with one cupful of water; and after covering closely, cook for a quarter of an hour. Add a table-spoonful of salt, and cook five minutes longer; then remove from the fire and turn into a colander, and press out as much water as possible. Put into a chopping-tray, and mince very fine.

A little before serving-time, put three table-spoonfuls of butter into a frying-pan, and when it has become melted, add two table-spoonfuls of flour. Stir the mixture until it becomes smooth and frothy; then add the chopped spinach, and cook for five minutes, stirring constantly. Add a cupful of cream, and salt and pepper to suit your taste, and after cooking for three minutes, serve on toast.

Stuffed Peppers.

A vegetable that is coming into much favor is the green Spanish sweet pepper. It is usually served stuffed, and in a course with meats. For eight good-sized peppers take a pint of fine-chopped cooked meat, half a pint of grated stale bread, half a pint of water or stock, two level teaspoonfuls of salt, one-fifth of a teaspoonful of pepper, half a teaspoonful each of summer savory, thyme, and sage, three table-spoonfuls of dried bread crumbs, and three table-spoonfuls of butter.

Cut a thin slice from the stem end of each pepper, and then remove the seeds. When all have been treated in this way, put them in a stew-pan, cover with boiling water, and set where they will simmer for a quarter of an hour.

Meanwhile mix all the ingredients except one table-spoonful of the butter and the dried crumbs. When the peppers have been cooked for fifteen minutes, drain them, and fill them with the dressing. Sprinkle the tops with the crumbs, and dot with the remainder of the butter. Place in a pan, and bake in a hot oven for fifteen minutes. Serve very hot.

The ends that are cut off may be boiled with the peppers, and put in their original positions after the peppers are stuffed. In this case the crumbs and butter need not be used.

* Fried Egg-plant.

Cut an egg-plant in slices about half an inch thick. Pare these, and lay them in a deep, flat dish, and pour upon them a quart of boiling water, to which has been added a table-spoonful of salt. After the slices have stood for an hour in the water, drain and pepper them; then dip them into beaten egg and bread crumbs, and fry in boiling fat for eight minutes. Serve immediately.

* Stuffed Egg-plant.

Of course, an egg-plant is needed; and the other things used are: a pint of grated bread crumbs, an egg, two table-spoonfuls of butter, one teaspoonful of salt, a quarter of a teaspoonful of pepper, half a teaspoonful of chopped onion, and the same quantity of chopped parsley.

Boil the egg-plant for ten minutes; then take it from the fire, and as soon as it has become partially cooled, divide it into two pieces, cutting lengthwise. With a spoon scoop out the greater part of the vegetable, being careful not to break the skin.

Cook the butter, onion, and parsley in a large frying-pan for three minutes; then add the pulp of the egg-plant and the seasoning, and continue the cooking for ten minutes, stirring frequently.

Meanwhile beat the egg well, and at the end of the ten minutes add it to the mixture; then remove the frying-pan from the fire. Put the two shells of the plant into a baking-pan, and fill them with cooked mixture. Sprinkle the bread crumbs over them, and bake in a rather quick oven for twenty minutes. Send to the table very hot.

Stuffed egg-plant may be served as a vegetable, with meats, or as an entrée.

* Baked Egg-plant.

Besides one good-sized egg-plant, use two table-spoonfuls of butter, one teaspoonful and a half of salt, one-fourth of a teaspoonful of pepper, two cupfuls of grated bread crumbs, and one-third of a cupful of stock or water.

Cut the plant in two, lengthwise, and scoop out the pulp with a spoon, leaving the skin about half an inch thick, that the plant may hold its shape. Chop the pulp rather fine, and add to it one teaspoonful of the salt, half the pepper, and all the butter. Cook in a frying-pan for ten minutes, stirring frequently; then add the water, and one cupful of the crumbs. Sprinkle the interior of the shells with the remainder of the salt and pepper, and fill them with the cooked mixture. Sprinkle the second cupful of crumbs over the surface of the mixture. Place the two parts of the plant in a baking-pan, and pour enough hot water into the pan to come half-way up the sides of the plant. Bake for one hour. At serving-time spread a napkin on a flat dish before placing the plant on it. Serve hot.

Cooked by this rule, the egg-plant will be found very delicate, and may be served either as a vegetable or an entrée.

* Macédoine of Vegetables.

For eight or ten persons use one pint of cooked cauliflower, one pint of carrots, cut into fine cubes, one can of French peas or French beans, three gills of white stock, half a cupful of cream or milk, three teaspoonfuls of salt, one-fourth of a teaspoonful of white pepper, one table-spoonful of sugar, three table-spoonfuls of butter, two scant table-spoonfuls of flour, one table-spoonful of chopped onion, and one bay leaf.

Cook the carrots in three quarts of water for forty minutes; then pour off the water, and add to the carrots the cooked cauliflower, broken into flowerets, the peas, rinsed and drained, the sugar, half the pepper, two teaspoonfuls of the salt, and one gill of the stock. Cover the stew-pan, and set it where its contents will cook for ten minutes.

Now put the butter and flour into a stew-pan, and mix them until smooth. Heat the remainder of the stock, and pour it upon the mixture. Set the stew-pan on the fire, and stir the mixture until it boils. At that time add the onion, bay leaf, and the remainder of the salt and pepper. Cook for five minutes; then add the milk or cream, and boil up once. Strain this sauce over the vegetables, and arrange them on a warm dish. Serve immediately.

This makes a nice dish to serve with cutlets, chops, braised tongue, or any meat entrée. It also is a suitable entrée if served by itself.

The materials required are: a can of mixed vegetables, a table-spoonful of beef extract, a teaspoonful of sugar, a teaspoonful of salt, one-fourth of a teaspoonful of pepper, two table-spoonfuls of butter, and half a cupful of water.

Turn the vegetables into a strainer, and pour cold water over them; then place them in a stew-pan with the other ingredients, and cook over a hot fire for eight minutes, shaking the stew-pan occasionally. Serve hot.

If it be inconvenient to get beef extract, use half a cupful of stock instead of the water.

Vegetables à la Jardinière.

For eight or ten persons use one can of French peas or one quart of fresh peas, when in season, one pint each of carrot and turnip cubes, three gills of any kind of stock, three heaping teaspoonfuls of butter, three teaspoonfuls of sugar, and three level teaspoonfuls of salt.

Put the carrots and turnips in separate saucepans, with two quarts of boiling water to each vegetable, and cook the carrots for forty minutes, and the turnips for thirty. Now, if fresh peas are to be used, put them into a saucepan, with boiling water enough to cover them, after the other vegetables have been cooking for ten minutes, and cook them for half an hour. If very young and tender, they may be cooked in twenty minutes; if old, they may require forty minutes' boiling. In case French peas be used, open the can and pour the peas into a strainer. Pour over them a quart of cold water, and after it has been drained off, put the peas into a saucepan.

When the turnips and carrots have been cooked, drain off all the hot water. Add to each saucepan of vegetables one-third of the sugar, salt, butter, and stock, and set the pans where their contents will boil rapidly. Shake the pans occasionally, and continue the cooking until all the stock has been absorbed. Spread the turnips on a warm platter, making the border rather thick, and having the thickness decrease toward the centre of the dish. Heap the carrots on the turnip, covering all except a border about an inch wide. Flatten the top of the mound of carrot, and heap the peas upon it.

This is an exceedingly attractive dish. It may be served in a dinner or luncheon as an accompaniment of an entrée of cold meat, or may itself pass as an entrée. Potato balls, or potatoes cut into half-inch cubes, boiled for ten minutes, drained, and then seasoned with one teaspoonful of salt and one large table-spoonful of butter, may be used instead of the turnip. In this case use a quart of the potato balls or cubes.

Curry of Vegetables.

For this dish use one large onion, a sour apple, a pint each of carrot, turnip, and celery cubes, a heaping teaspoonful of curry-powder, one pint of stock or milk, two table-spoonfuls of flour, two level teaspoonfuls of salt, half a teaspoonful of pepper, and three generous table-spoonfuls of butter.

Mince the onion. Pare the apple, and cut it into thin slices. Put the butter on the stove in a stew-pan, and as soon as it becomes melted, add the onion and apple. Stir for two minutes, and then add the other vegetables.

Continue the stirring until the vegetables begin to turn brown; then add the flour and seasoning. Stir again, and then pour the stock or milk into the stew-pan. Cover the pan, and let the contents simmer for an hour. Serve on a warm platter, with a border of rice.

This is a nice dish for luncheon.

Ragout of Turnips.

Use a quart of turnips, cut into cubes, three table-spoonfuls of butter, one teaspoonful of sugar, one heaping teaspoonful of salt, one-fifth of a teaspoonful of pepper, one table-spoonful of chopped onion, one table-spoonful of flour, and one cupful of stock or milk.

Put the butter on the stove in a stew-pan, and when it becomes melted, add the turnips and chopped onion. Stir until the vegetables begin to turn brown; then add the salt, pepper, sugar, and flour, and stir two minutes longer. At the end of that time add the stock or milk. Cover the stew-pan, and set it where the mixture will simmer for twenty minutes. Serve as a vegetable or as an entrée.

Jerusalem artichokes may be treated in the same manner. They should be served without delay.

* Vegetables in Sauces.

Cauliflower, Lima beans, carrots, turnips, celery, Jerusalem artichokes, onions, salsify, and green peas may be served in a poulette or Bechamel sauce, the vegetable taking the name of the sauce used, as onions à la Bechamel. When served in this way the vegetable may accompany an entrée of meat or fish, or may itself be used as an entrée. Any vegetable served with either sauce must be boiled, thoroughly drained, and seasoned with salt and pepper before the sauce is added.

* Wilted Cucumbers.

Cut a good-sized cucumber in very thin slices, and soak for at least half an hour in a pint of cold water into which has been put a table-spoonful of salt. At the end of the half-hour put the slices into a strong, clean towel, and wring the towel until it is impossible to extract any more moisture. On opening the towel the slices will be found to be wilted and flabby. Put them into a dish with cracked ice. They are said to be less injurious served in this way than in the ordinary style; and some epicures call them delicious, spite of the loss of crispness.

Stuffed Cucumbers.

These are delicious, and may be served either as a vegetable or as an entrée. For six or eight persons use four cucumbers of good size. Pare them lightly, and after cutting off the ends, cut each cucumber into two parts. Remove the seeds with an apple-corer. Put a table-spoonful of salt and a quart of cold water into a basin, and drop the pared and cored cucumbers into the liquid; then set away in a cool place.

Chop enough veal — free of skin and gristle — to make a generous half-cupful of pulp. Probably a quarter of a pound will be enough. Now put half a gill of milk and one-third of a gill of stale bread, free of hard parts, into a small saucepan, and cook until a smooth paste is formed. Ten minutes' cooking probably will suffice. Mix thoroughly with the veal this paste and half a teaspoonful of salt, one-eighth of a teaspoonful of pepper, one-eighth of a teaspoonful of thyme, one-fourth of a teaspoonful of onion juice, one teaspoonful of butter, and a well-beaten egg.

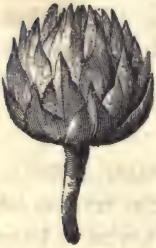
Remove the cucumbers from the basin of water, and wipe them with a soft towel. Fill them with the force-meat just prepared, packing solidly, and being careful to have the ends of the cucumbers smooth. Lay the cucumbers in a stew-pan, and pour over them a pint and a half of boiling veal stock or chicken stock. Add a bay leaf; and if the stock was not seasoned when it was made, add also half a teaspoonful of salt and one-fifth of a teaspoonful of pepper. Cover, and simmer for three-quarters of an hour. At serving-time place the cucumbers on thin strips of toast; and after pouring over them a sauce made as directed below, serve without delay.

Sauce. — Rub together in a saucepan until smooth, three table-spoonfuls of butter and a generous table-spoonful of flour; then add three gills of white stock, — chicken or veal, — a piece of carrot of about the size of a quarter of a dollar, a slice of onion of the same size, a sprig of parsley, a clove, a bay leaf, a light grating of nutmeg, half a teaspoonful of salt, and one-fifth of a teaspoonful of white pepper. Simmer for a quarter of an hour; then add a teaspoonful of lemon juice, and strain the sauce.

THE FRENCH ARTICHOKE.

This vegetable, which has not been very common and whose value has not been well understood, is becoming so popular that the supply is increasing, and in time the cost will be comparatively low.

The artichoke belongs to the thistle family; the flower is picked before it opens. In England and France an artichoke may be bought for two or three cents, but in our Northern markets we are obliged to pay from twenty to forty cents apiece; thus making a dish of the vegetables quite expensive. In the South they are cheaper, and of course better, because they can be obtained fresh.

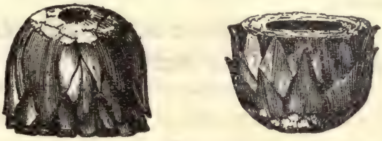


Artichoke.

There are many ways of cooking artichokes; but as in the case of nearly all vegetables, the simplest is the best. The artichokes should be green and crisp; if old, or if cooked after they have been picked some time, they will be unsatisfactory. If the leaves be brown and dry, the artichokes will be dark and tough, and it does not pay to buy or to cook them when in that condition. In buying the vegetable select the small green heads rather than the large ones that have leaves with broken and dark edges.

When very small and tender, the artichoke may be served raw as a salad.

The vegetable consists of three parts, — the bottom, leaves, and choke. The first two parts alone are used; the choke may be removed or not, as one pleases. Only the base of the leaves is edible. If the choke is to be removed, cut out the stem and save it, and with the point of a sharp knife cut around the base of the choke and draw the choke out. Trim the top of the artichoke. When this has been done, wash the vegetable, and soak it for half an hour in salted water, — one table-spoonful of salt to two quarts of water. It will then be ready for cooking by any mode. If it is simply to be boiled, and served with a sauce, — which is decidedly the best mode, — press the stem back into the head, and put the vegetable into a stew-pan with boiling water enough to cover it. Add a teaspoonful of salt and two table-spoonfuls of lemon juice for every two quarts of water. A gentle boiling for half an hour will be a sufficient cooking unless the artichoke be very old; in which case ten or fifteen minutes' extra cooking will be required. On taking from the water, drain well. Serve hot with Bechamel, Hollandaise, or butter sauce, or serve as a salad, with oil, vinegar, salt, and pepper. The sauce may be poured around the artichokes or served separately.


Artichokes after Trimming.

The leaves of the artichoke are broken off with the fingers, and the base, or fleshy end, is dipped into the sauce.

When the heads are small, there should be one for each person; but when very large or expensive, they may be cut into two or more parts.

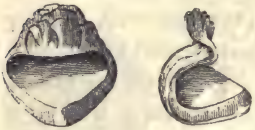
Stuffed Artichokes.

Trim four artichokes and remove the chokes. Boil them for half an hour in salted and acidulated water. On taking them from the water, drain them. Stuff them with a chicken force-meat, and arrange them in a shallow baking-pan. Baste well with white sauce, and bake in a moderate oven for half an hour, basting twice in that time with the sauce. Serve on a flat dish, with white sauce.

The leaves must be trimmed very short when the artichokes are to be stuffed.

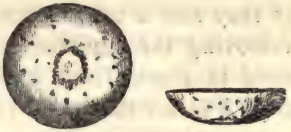
Artichoke Quarters with Dutch Sauce.

Cut the leaves of the artichokes very short. Cut off the tops, and then cut in quarters. Remove the chokes. Soak the quarters in salted water for half an hour; then drain off all the water, and put the quarters in a stew-pan, with one table-spoonful of butter, one teaspoonful of salt, one table-spoonful of lemon juice, and one pint of white stock for two artichokes. Simmer for half an hour. Drain the quarters, and arrange them in a shallow dish. Pour Dutch sauce around them, and serve.



Artichoke Quarters.

Artichoke Bottoms with Hollandaise Sauce.



Bottoms of Artichokes.

Remove all the leaves from six artichokes (they may be used for a purée of artichokes). Take out the chokes, and trim the bottoms. Cook the same as artichoke quarters. Arrange them in a shallow dish, and pour Hollandaise sauce over them.

MUSHROOMS.

During the summer and fall mushrooms abound in the fields in many parts of the country. In some sections mushroom parties may be seen almost every pleasant morning throughout September and October. The wild funguses are as much more delicate and more finely flavored than the cultivated mushrooms as the wild strawberries are superior in flavor to the fruit usually sold in the market from gardens. Mushrooms should be used while fresh, and should be prepared carefully but simply. Put into a bowl two quarts of water and the juice of a lemon. After cutting the stalks from the mushrooms, and throwing them away, pare the cups. As each is pared, drop it into the bowl. When ready to cook the mushrooms, drain them as speedily as possible after removing them from the liquid. Wild mushrooms give an incomparable flavor to stews, ragouts, and sauces for meats.

Stewed Mushrooms.

Put into a stew-pan a quart of cleaned mushrooms, two table-spoonfuls of butter, one teaspoonful of salt, one-third of a teaspoonful of pepper, and one table-spoonful of flour mixed with half a cupful of cold water.

Cover the stew-pan, and boil gently for five minutes, stirring frequently. Serve very hot.

Some folk doubtless will think the dish is improved if they add a table-spoonful of lemon juice just before removing the mushrooms from the fire. Stock may be used in place of the half-cupful of water, and will produce a better flavor.

A simpler mode of stewing mushrooms is to peel and wash them; then cut them in small pieces, and put them in a stew-pan, with a generous table-spoonful of butter, half a teaspoonful of salt, and a little pepper, for every pint of the mushroom. Simmer for ten minutes. Wild mushrooms are delicious cooked this way.

Mushrooms Stewed in Cream.

Prepare the mushrooms as for the plain stew, save that only half as much water should be used; and after five minutes' boiling, add a cupful of cream. Keep the mushrooms on the stove until the liquid boils up.

Broiled Mushrooms.

Clean a quantity of large mushrooms, and put them into a double-broiler, with all the cups lying the same way. Place over clear coals, cup side down, and cook for two minutes; then turn the broiler, and cook for two minutes on the other side. Remove from the broiler carefully, because the cups will be full of juice, and sprinkle lightly with salt and pepper. Put a bit of butter on each mushroom, and place on buttered toast. Serve immediately.

Baked Mushrooms.

Use large mushrooms, and use also as many slices of bread as there are mushrooms, and have them about the same size as the latter. Clean the mushrooms, and put them into a basin of lemon water (the juice of a lemon to two quarts of water). Toast the bread, and dip it quickly into hot water. Butter a shallow cake-pan, and lay the slices of toast in it; then butter the toast, and place a mushroom on each slice, cup side up. Sprinkle the mushrooms with salt and pepper, and put a quarter of a teaspoonful of butter on each one. Cover the pan with another that has been rinsed in cold water, and set in the oven for eight minutes. Serve immediately.

Stuffed Mushrooms.

For twelve large mushrooms, use six table-spoonfuls of fine-chopped cooked chicken, three table-spoonfuls of stale bread, one gill of stock, two table-spoonfuls of butter, one teaspoonful of salt, half a teaspoonful of onion juice, one-fourth of a teaspoonful of pepper, the juice of one lemon, and one cupful of bread crumbs, grated fine.

Soak together for ten minutes the three table-spoonfuls of stale bread and the stock. Add the meat, salt, pepper, onion juice, and one table-spoonful of the butter. Let this stand while the mushrooms are being prepared.

Cut off the stalks, and pare the mushrooms. As each one is pared, drop it into a dish in which there is a quart of water and the juice of the lemon. When all are done, take them from the acidulated water, and place them in a shallow baking-pan, having the cup side up. Put one-twelfth of the stuffing in each mushroom. Sprinkle with the grated crumbs, and dot with the second table-spoonful of butter. Cook in a moderately hot oven for ten minutes.

* Macaroni.

Macaroni should be broken into pieces about three or four inches long, and washed quickly in cold water.

Immediately put it into boiling water, and cook rapidly, with the cover off the saucepan, for half an hour. When it has been boiling for fifteen minutes, add the salt. There should be three quarts of water and one table-spoonful of salt for half a pound of macaroni. Drain off the water, and turn the macaroni into a vegetable-dish. Pour three gills of sauce over it. Any of the following-named sauces may be served with it: tomato, white, brown, poulette, Bechamel, or cream. Or it may be put into an escalop or gratin dish, and a white or cream sauce be poured over it. Then sprinkle two table-spoonfuls of grated Parmesan cheese and a cupful of grated bread crumbs over it. Dot with a table-spoonful of butter, and brown in the oven. If cheese be not liked, it may be omitted. The two table-spoonfuls of Parmesan give but a slight flavor of cheese. If a strong flavor be desired, use a cupful of freshly grated domestic cheese and three table-spoonfuls of Parmesan. In this case add one-fifth of a teaspoonful of cayenne to the sauce.

* Macaroni with Brown Sauce.

Boil a quarter of a pound of macaroni for half an hour with one table-spoonful of salt, one teaspoonful of pepper, and two quarts of water. While it is boiling make a sauce in the following manner: —

Put two table-spoonfuls of butter on the stove in a frying-pan, and when it becomes hot, add two level table-spoonfuls of flour. Stir until smooth and brown; then draw the pan to the back part of the stove, and gradually add a cupful of brown stock and a cupful of strained tomato. Move the pan forward to a hot place, and stir the sauce until it boils; then simmer for five minutes. Season with a level teaspoonful of salt and one-fourth of a teaspoonful of pepper.

Put half the macaroni into an escalop-dish, and sprinkle over it one table-spoonful of Parmesan cheese; then pour on half the sauce. Now put the rest of the macaroni into the dish, and add the remainder of the sauce. Sprinkle a second table-spoonful of cheese over the mixture. Set the dish in a rather hot oven, and cook for a quarter of an hour. It is a very nice entrée, or may be served with the vegetables in some other course of a dinner.

Macaroni à la Milanaise.

Anybody fond of macaroni will find this to be an excellent mode of cooking it. Of macaroni, only a quarter of a pound is required; and the other materials for the dish are: a pint of white stock, half a pint of cream or milk, half a can of mushrooms or a quarter of a pound of fresh ones, a slice of carrot, a slice of onion, three table-spoonfuls of butter, two generous table-spoonfuls of flour, three teaspoonfuls of salt, and one-eighth of a teaspoonful of pepper.

After breaking the macaroni into pieces about three inches long, wash it, and put it into a stew-pan with two quarts of boiling water and two teaspoonfuls of salt. Let it boil for half an hour, and meanwhile make a sauce. Put the butter and flour into a small stew-pan, and beat to a cream; then add the onion, carrot, pepper, remaining salt, and stock, and heat slowly. When the sauce begins to boil, set it back where it will only simmer for about twenty minutes. At the end of that time add the milk or cream, and then strain the sauce. Pour the water from the macaroni, and in its place put the sauce and mushrooms. Cook for five minutes longer.

Spaghetti à l'Italienne.

Use for six persons a quarter of a pound of spaghetti, a cupful of white stock, — chicken or veal, — a table-spoonful of flour, two of butter, one teaspoonful and a half of salt, one-fifth of a teaspoonful of white pepper, one-tenth of a teaspoonful of cayenne, half a cupful of American cheese, and two table-spoonfuls of Parmesan cheese.

Break the spaghetti into pieces about five inches long. Put it into a stew-pan with two quarts of boiling water, and boil rapidly, with the saucepan uncovered, for twenty minutes. At the end of that time pour the spaghetti into a colander, and drain it well. Return it to the stew-pan, and, after adding the salt, pepper, and stock, set the pan on the stove again. Beat the flour and butter together, and stir them into the mixture as soon as it begins to boil. Cook for five minutes; then add the cheese, broken into fine bits; and continue the cooking until the cheese becomes melted, — say for three or four minutes. The pan must be shaken vigorously several times while the cheese is melting. Serve the spaghetti without delay.

* Spaghetti and Cheese.

If the dish is to be served to six or eight persons, use a quarter of a pound of spaghetti, the yolks of two eggs, half a pint of milk, three table-spoonfuls of butter, half a cupful of soft mild cheese, broken into bits, a level teaspoonful of salt, one-eighth of a teaspoonful of cayenne, and one-third of a teaspoonful of white pepper.

After breaking the spaghetti into pieces about three inches long, wash it quickly in cold water. Put it into a saucepan with two quarts of boiling water, and boil it gently for half an hour with the cover off the saucepan. At the end of that time pour off the water and sprinkle two-thirds of the salt over the spaghetti. Next put the spaghetti into an escalop-dish, and after pouring some sauce over it, bake it for five minutes in a hot oven. Serve immediately.

To make the sauce which is to be poured over the spaghetti, put the milk and cheese on the stove in a double-boiler; beat the yolks of the eggs well, and add the seasoning to them; pour about half of the hot mixture from the double-boiler upon the eggs, and after blending thoroughly, stir into the liquid in the double-boiler; add the butter, and cook for one minute, stirring all the while.

This dish is a nice one for luncheon or dinner. If a strong flavor of cheese be desired, use a cupful of that article instead of half a cupful.

* Noodles.

Prepare the noodles the same as for noodle soup. After they have been drained, put them into a stew-pan with one table-spoonful of butter, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, and a scant half-pint of hot milk. Cook for ten minutes, and serve as a vegetable.

If there be a plentiful supply of soup stock on hand, use two quarts of it — instead of some water — for boiling the noodles, and cook them for half an hour. In this case add a table-spoonful of butter to them, and serve without any other seasoning. The stock may be used the next day for a cream soup.

* Boiled Rice.

Wash one cupful of rice in three waters. In the first water rub the rice well between the hands. Now pour off this water, and simply rinse the rice in the other two waters. Cover with clean water, and let it soak for one or two hours. Have three quarts of boiling water in a large stew-pan. Turn the rice into it, and cook from fifteen to twenty-five minutes. The time will depend upon the kind of rice used; but if it be good Southern rice, and not more than a year old, it will cook in fifteen minutes. When it has been cooking for ten minutes, add a generous table-spoonful of salt.

At the end of fifteen minutes press a few grains o rice between the fingers, and if they be found soft, it is an indication that the rice is cooked sufficiently. Turn it, with the water, into a colander, and drain well. Be very particular to drain it the moment it is done. Never put a cover on the stew-pan, and never stir the rice.

If these directions be followed carefully, every grain of rice will be separate, and all will be perfectly tender.

* Boiled Rice, Southern Style.

Wash a cupful of rice in three waters, rubbing it well between the hands. Now put it in a stew-pan with two teaspoonfuls of salt and two cupfuls and a half of boiling water. Place it where it will boil rapidly for fifteen minutes; then set the pan back where the rice will cook slowly for an hour or more. This mode gives a dish of rice that is sweet and dry.

* Turkish Rice.

A cupful of rice, one of strained tomato, two of cold water, two table-spoonfuls of butter, one teaspoonful of salt, and two ounces of fine-chopped ham are the ingredients required.

After washing the rice in three waters, put it into a stew-pan with the other materials, and set upon the stove. When the dish begins to boil, put the stew-pan back where its contents will hardly simmer during the next forty minutes. At serving-time turn the rice into a warm dish. Do not use a spoon in making this transfer, as that would be likely to break the grains and mar the appearance of the dish.

Turkish rice is nice for serving with cold meat or fish or warmed-over meat.

* Curry of Rice.

For six or eight persons use one cupful of rice, two cupfuls and a half of boiling water, two teaspoonfuls of salt, two level teaspoonfuls of curry-powder, one-fourth of a teaspoonful of pepper, one teaspoonful of minced onion, and two table-spoonfuls of butter.

Wash the rice in three waters, and then let it soak for two hours in fresh cold water. At the end of the two hours drain it thoroughly. Put the butter and onion in a stew-pan, and cook until the onion acquires a light straw-color. Now add the rice, and stir over a hot fire for five minutes. Draw the stew-pan aside, and add the curry-powder, pepper, and salt. Stir well, and then add the water. Cover the stew-pan, and let the contents boil rapidly for ten minutes; then set back to a place where the cooking will go on slowly for forty or fifty minutes.

This vegetable dish is nice with any kind of fish or meat that has been prepared in a sauce.

* Baked Hominy.

After washing a cupful of hominy in three waters, pour upon it a pint and a half of boiling water, and boil for twenty minutes; then add a table-spoonful of butter, a scant table-spoonful of salt, and half a pint of milk. Butter a deep pudding-dish, and pour the mixture into it. Bake for forty minutes in a moderate oven.

Prepared in this way, hominy answers either as a vegetable or as a pudding.

* Baked Beans.

It is rather singular that that particular section of the country which is credited with the greatest consumption of beans does not produce the vegetable in large quantities, but depends upon the Middle States for a part of the supply. No other vegetable has so great a food value, though peas and lentils are almost as nutritious; and despite the light manner in which reference is commonly made to the bean, the country is much indebted to it as food for man and beast. One frequent failing in the preparation of beans is to allow too little time for cooking. The process of cooking them properly is a long and slow one, and forgetfulness in this respect is the reason why the dish is often unsatisfactory.

If the family consist of eight or ten persons, a quart of dry pea beans will be sufficient to cook. Use also a pound of salt pork, a table-spoonful of molasses, a generous table-spoonful of salt, one teaspoonful of mustard, and one-fourth of a teaspoonful of soda.

Examine the beans carefully, removing all that are not good, and all foreign substances; then wash them carefully. Let them soak over night in a pan containing two gallons of cold water. In the morning pour off this water, and rinse the beans in cold water; then put them in a stew-pan with six quarts of cold water. Score the rind of the pork, cutting it into little squares, and being careful not to cut deeper than the rind. Put the pork into the stew-pan with the beans, and set on the stove. Heat slowly to the boiling-point, and simmer for a quarter of an hour from the time they begin to boil. At the end of the fifteen minutes turn the beans into a colander, and drain off all the water. Pour cold water over them to rinse them thoroughly. Put half the beans into an earthen pot, and then put in the pork, rind side up. Now put in the remainder of the beans. Mix the molasses, mustard, salt, and soda with one quart of boiling water, and pour over the pork and beans. If the liquid does not wholly cover the beans, add more boiling water. There should be only enough to come to the top of the beans. Cover the pot, and cook the beans slowly for ten hours. Boiling water should be added from time to time when it is found that there is not enough to cover the beans.

At serving-time turn out on a flat dish, and place the pork in the centre. If the beans have been properly cooked, each will be whole, yet all will be tender and have a rich reddish color. Care and slow cooking alone will give this result.

* Stewed Beans.

Wash one quart of beans (scarlet runners are the best), and soak them over night. In the morning set them on the fire with half a pound of mixed salt pork. They can be cooked in four hours, but will be better cooked an hour longer. If the pork should not flavor it enough, season with a little salt.

SPECIAL ARTICLES.

BRIOCHE PASTE.

Dishes made of brioche paste are not often found in this country except at the foreign pastry-shops. It is a pity that this should be the case, for they are light and healthful. There appears to be an idea that they are difficult to make, but they are not more so than many which are quite common in every household. Care must be taken that the ingredients are used in the proper proportion, and that the paste is properly worked, raised, chilled, and baked. If this be done, the cakes will be as good as those found in any of the first-class shops in New York. In Paris a man got rich by making a specialty of warm loaves of brioche. In New York there are several small pastry-shops, kept by Frenchmen, where plain brioche loaves are for sale on Saturdays, and there is a large demand for them. It is hoped that many readers will try the simple rules given in this article. With the plain paste there can be made the plain loaf, baba, wine cakes, rum cakes, Savarin, fritters, Munich cakes, etc. These various cakes are made by the addition of fruits and flavors, and by changes of shape and in the modes of cooking.

To Make the Paste.

For two large loaves there will be required one quart of flour, one generous cupful of butter, one gill of water, one table-spoonful of sugar, one teaspoonful of salt, half a cake of compressed yeast, and eight small eggs, or seven large ones.

Dissolve the yeast in the water, which should be blood warm. Put some boiling water in a small bowl, and let it stand for five minutes; then pour out the water, wipe the bowl dry, and put a cupful of the flour into it. Add the dissolved yeast to the flour, and beat well. Cover the bowl, and set it in a warm place — say where the temperature is about 80° — until the mixture rises to double its size. About an hour will be required for the rising.

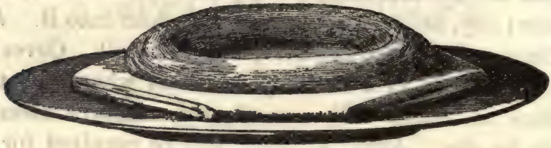
Half an hour after the sponge has been set, put the remainder of the flour, and the salt, sugar, butter, and three of the eggs into a large bowl. Mix these ingredients well with the hand, and when a smooth paste is formed, add the remainder of the eggs, one at a time; beating the paste vigorously until it is very light and smooth. The eggs should not be beaten before they are added. Now, if the sponge be risen, add it to the paste, and beat well; should it not be risen, it will not hurt the beaten mixture to stand awhile.

When the sponge is thoroughly incorporated with the paste, cover the bowl and set in a warm place. It will take about six hours for the sponge to rise sufficiently. When it becomes light, beat it well and then put it into the ice-chest. If possible, put it on or beside the ice. Let it remain there for ten or twelve hours, and it will then be ready for use.

The sponge may be set at two o'clock in the afternoon and be added to the paste at three. The paste will be ready to put on ice at nine o'clock, and in the morning it will be ready to use in any form.

Brioche Loaf, to be Eaten Plain and Hot.

For a small loaf take a heaping cupful of the chilled paste, and form it into a smooth ball. Put this on a floured board, and roll down to the thickness of half an inch. Tear a hole in the centre of the cake. Now twist this paste inward and into a rope-like shape. This will give a form something like a crown. Place the paste in a buttered pan or on a tin plate, and let it rise for half an hour in a warm place. Bake in a moderate oven for twenty minutes, and serve hot on a napkin.



Brioche Loaf on a Napkin.

This kind of loaf is nice for luncheon or tea. When wanted for tea, keep the paste on ice until the afternoon; or the loaf may be baked in the morning and warmed at serving-time.

The loaf made of the ingredients mentioned will be quite small, and if a larger one be desired, double the quantity of ingredients and allow ten minutes longer for the baking. Loaves may be shaped like balls, and be cut across with a sharp knife before they have risen or been baked; or they may be put into any kind of pan, and allowed to rise to twice their original height before they are baked. The paste is so soft that the work must be done quickly when the loaf is to be of the crown shape, — that first described. It grows very soft as it becomes warm.

These warm brioche loaves are particularly nice to serve with berries and cream, or with preserved fruit and cream.

Baba.

To make a large loaf of baba, use three cupfuls of the paste, half a cupful of dried currants, one cupful of raisins, and one gill of wine.

Soak the fruit in the wine over night. In the morning work the fruit and wine into the paste. Butter a deep mould, and put the paste into it. Cover, and put in a warm place to rise to twice the original size. It will take about an hour and a half. Bake in a moderate oven for forty minutes. On taking from the oven, turn from the mould on a deep plate or dish, the top of the cake being down. Let it cool in this position.

While the cake is cooling, make a syrup by boiling together for twelve minutes one cupful of sugar and three-fourths of a cupful of water. At the end of the twelve minutes add four table-spoonfuls of rum to the syrup, and pour the liquid over the cake, being careful to wet the sides with it. Let the dish get perfectly cold, and serve it as dessert.

Savarin.

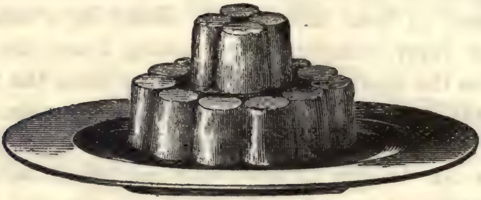
For this cake use four cupfuls of the paste, one cupful of chopped almonds, half a cupful of candied orange peel, cut very fine, and a syrup made like that for baba; substituting, however, two table-spoonfuls of anisette (a cordial) for the rum mentioned in the preceding receipt.

Work the candied orange peel into the paste. Butter a round cake-pan thickly with washed butter, and sprinkle the bottom and sides with the chopped almonds. Put the paste into this pan, and after letting it rise to double its original size, bake it in a moderate oven for three-quarters of an hour. On taking from the oven, turn out on a dish, and pour the syrup over it. Serve either hot or cold for dessert.

Wine Cakes.

Put three cupfuls of the paste into a deep mould, and let it rise to double its original size. Bake for forty-five minutes.

Boil one cupful and a half of sugar with one cupful of water for twelve minutes; then add a gill of sherry. When the cake is done, turn it out on a deep plate or dish, and pour the hot syrup over it. Serve hot or cold.



Wine Cakes.

Small cakes are made by letting one gill of the paste rise to a little more than double its first height in either dariole moulds or individual charlotte-russe moulds. Bake for twenty minutes; then turn out, and pour hot syrup over them. The syrup may be flavored with wine, rum, orange or lemon juice, or with any kind of cordial.

Brioche Fritters.

Roll some brioche paste down to the thickness of half an inch, and with a jagging-iron or a sharp knife cut it into strips four inches long and two wide. Drop these into boiling fat, and cook for six minutes. Drain on brown paper; then arrange on a warm dish, and sprinkle with powdered sugar. Serve at once with a plentiful quantity of hot syrup flavored with fruit juice or wine.

Another kind of fritter is made by rolling the paste until it is only a quarter of an inch thick, and cutting it into large rounds with a plain or fancy cutter; next putting half a teaspoonful of apricot or some other kind of jam in the centre of each round; then folding the edges over and sticking them with the beaten white of an egg, and finally frying in fat for five minutes. Serve with hot syrup.

With the quantity of materials given on page 546 a good deal of paste can be made, — enough for three loaves of any of the dishes named; so in a small family it will be wise to use only half the usual quantities at first.

* CURRY-POWDER AND ITS USES.

It is remarkable how few people in this country understand how to prepare a sauce or a dish with the use of curry-powder. This should not be the case, as a bottle of the powder, costing only twenty-five cents, will enable one to make agreeable changes in the composition of dishes for twenty or more meals. When used in a soup, the quantity must be very small, just enough to give a little tone, — say half a teaspoonful to three or four quarts of soup or of a stew; but when used in a sauce for meat or fish, there should be enough to give color and pronounced character. When the taste for this condiment is acquired, it proves strong. Curry is especially useful in flavoring sauces for meats and fish which have been warmed over, making them very appetizing.

The simplest mode of preparing a dish of curry is this: Free one quart of cold meat of skin, fat, and bones, and cut it into small pieces. Put it in a frying-pan with three table-spoonfuls of butter and one of chopped onion. Cook for five minutes, stirring frequently. Now add two table-spoonfuls of flour and one heaping teaspoonful of curry-powder (Cross & Blackwell's "Genuine Indian Curry" is the best). Stir for one minute; then draw the pan back, and gradually add one pint of cold stock or cold water. Boil for two minutes, stirring all the time; then add half a teaspoonful of salt, and boil for three minutes longer.

Sprinkle a generous teaspoonful of salt on the cold meat, and put the meat in a stew-pan. Strain the curry-sauce over it, and cook the dish for five minutes. Serve with boiled rice. One cupful of the uncooked rice will be enough for the quantity of curry mentioned, and the dish will be sufficient for serving to six persons. It should not be accompanied by potatoes.

Madras Curry.

This is more delicate than the ordinary curry. It may be made with any kind of cold meat and with most kinds of fish. The ingredients are: half a cocoanut, the milk of a cocoanut, one gill of cow's milk, two good-sized onions, three table-spoonfuls of butter, one heaping teaspoonful of curry-powder, two table-spoonfuls of flour, one pint of the liquor in which the meat or fish was cooked, one scant quart of cooked meat or fish, and about one level table-spoonful of salt.

Bore a hole in the cocoanut, and pour out the milk. Now crack the nut, and pare the brown skin from one-half of it. Grate this half, and add it to the milk. Add the cow's milk to the mixture; and after a good stirring, place the dish in the refrigerator for two or three hours.

Unless cold meat is to be used, put the meat or fish on to cook in as little water as possible. Simmer until so tender that it may be cut with a spoon. When the meat is done, take it from the liquor, and put both away to cool. When cold, free the meat or fish of skin, bone, and fat, and cut it into small pieces. Free the liquor of fat. Chop the onions rather fine, and put them in a stew-pan with the butter. Cook slowly for ten minutes; then add the flour and curry-powder, and draw the pan to a hotter part of the range. Stir the mixture until it becomes frothy; then draw the stew-pan back to a cooler place, and gradually add the pint of liquor, stirring all the while. Boil for two minutes; then strain the milk from the cocoanut into the mixture, pressing every particle of moisture from the grated nut. Stir well, and simmer for ten minutes.

Put the meat or fish in a stew-pan and sprinkle the salt over it; then strain the hot curry-sauce over it. Cover, and simmer for twenty minutes or half an hour. Serve in a warm covered dish.

A dish of boiled rice should be served with this dish.

If meat or fish left from a previous meal be used, take a pint of some kind of light stock (such as the water in which chicken or veal was boiled) instead of the liquor called for.

If one like a very strong flavor of curry, double the quantity of powder may be used.

The fish most suited for this curry are prawns, shrimp, and lobster. When they are used they should not be cooked in the sauce for more than ten minutes. Oysters, scallops, and clams may be used in a curry; but they must be well drained, and should cook in the sauce for only six or eight minutes.

Any kind of meat may be used in a curry; but the delicate light meats, such as chicken, turkey, veal, lamb, sweetbreads, etc., are best. Any of the following-named relishes may be served with the curry: Chutney, boiled ham, rashers of bacon, Yarmouth bloaters.

Honolulu Curry.

For the sauce for this curry there will be needed a small cocoanut, a quarter of an onion, one clove of garlic, an inch piece of root ginger, two large table-spoonfuls of curry-powder, a quart of milk, four table-spoonfuls of butter, four of flour, and salt and pepper to suit the taste.

Grate the onion, garlic, ginger, and cocoanut into the double-boiler, and add the curry-powder and milk. Cook slowly for an hour. Beat the butter to a cream; then add the flour, and beat the mixture until it is smooth and light. Strain upon it the curry mixture, — gradually, so that it shall not be lumpy. The meat or fish which is to be served with this sauce should now be added, and the dish should be cooked in the double-boiler until boiling hot, — about a quarter of an hour.

The quantity of sauce made by following the directions will be sufficient for two cans of shrimp, the meat of two lobsters that together weigh about six pounds, or two good-sized chickens. If the latter be used, they should be fried, broiled, or roasted, and cut into handsome pieces; and the meat should be hot when it is added to the sauce. Serve with plain boiled rice.

* VARIOUS WAYS OF USING A CALF'S HEAD.

During the spring and summer veal is plentiful and cheap, and a calf's head, which never costs a large sum, may be had at very low price. In old times it was a common dish, but its popularity waned until few housekeepers served it frequently. Lately it has seemed to come into high favor again, though its uses are not what they once were. Formerly it was customary to use the calf's head only in mock turtle soup, or to serve it boiled, with brain sauce; now the meat is made into various dainty dishes which answer for entrées or dishes for luncheon or tea, though it is still employed also when mock turtle soup is made.

When a calf's head is bought at a market it usually is scraped and otherwise cleaned, and is then split open; but in the country the housekeeper often has to attend to these matters herself. If the head has not been cleaned and split, put it into a deep pan, with water enough to cover it, — water that is heated almost to the boiling-point. Set the pan on the stove in a place where the water will bubble for five minutes; then take up the head, and with the back of the blade of a case-knife scrape all the hairs from the head, being careful to get the ears clean. Now place the head in cold water enough to cover it, and let it stand for two hours. At the end of that time remove the brains, being careful not to break them apart, and put them into a bowl of cold water. Next wash the head carefully, and put it on the stove in a large kettle containing cold water enough to cover it. Every part must be immersed, or that which is left uncovered will become hard and black. Set the kettle where its contents will quickly get heated to the boiling-point. As soon as the water begins to bubble, skim it carefully; then set the kettle back where the water will simply bubble during the next three hours. Hard boiling will break the head. When the prescribed time has passed, take up the head, and remove all the bones that can be drawn out easily without tearing the meat. Dredge the head with salt and pepper, and after placing it on a warm dish, pour brain, parsley, tomato, or Bechamel sauce over it. Serve at once.

This is the simplest mode of serving a calf's head. The water in which it was boiled may be used for mock turtle soup or a plain or cream soup. No matter how the head is to be served, it must first be cleaned and boiled as just directed. Half of the head may be served with a garnish of brain force-meat balls; the tongue being cut into four parts, lengthwise, and served with half the head. Any one of the sauces named in the preceding paragraph should be poured around it. The remaining half of the head may be used for one of the following-named dishes.

Calf's Head, Terrapin Fashion.

For this dish use one pint of the cold meat of the calf's head, cut into small pieces, one cupful of stock, — the water in which the head was boiled will do, — half a cupful of cream, one teaspoonful of salt, one-tenth of a teaspoonful of white pepper, and the same quantity of cayenne, one teaspoonful of brandy, two table-spoonfuls of wine, the yolks of two eggs, one table-spoonful of butter, and one level table-spoonful of flour.

Put the stock on to boil. Beat the butter and flour together until smooth and light, and stir the mixture into the boiling stock. Cook until smooth, — say for about a minute, — stirring all the while. Add the meat and the salt and pepper, and cook for five minutes.

Beat the yolks of the eggs well, and add the cream to them ; beating the mixture thoroughly. When the meat has been cooked for five minutes, add the yolks and cream, and cook for one minute longer, stirring all the while. Take from the fire promptly at the end of the minute, and after adding the brandy and wine, serve at once.

If there should be any delay in the work after the yolks and cream are added, the dish would be spoiled, as the eggs would cook too much, and the sauce would have a curdled appearance; but there would be no real harm in letting the dish stand on the back of the stove for ten or twenty minutes before the addition of the eggs and cream.

Cooked poultry, game, and veal may be prepared in the same manner.

* Calf's Head, with Bisque Sauce.

Use one quart of the cold meat from the calf's head, cut in slices, one table-spoonful of salt, one-fourth of a teaspoonful of pepper, two table-spoonfuls of butter, two of flour, one cupful and a half of stock, and half a cupful of strained tomato.

Put the butter on the stove, in a frying-pan, and when it becomes melted, add the flour. Stir the mixture until it gets smooth and slightly browned; then draw the pan back where there is less heat, and gradually add the stock. Place the frying-pan again on the hot part of the stove, and stir the contents until they begin to boil.

Let them simmer for five minutes; then add the tomato, meat, and seasoning, and cook for seven minutes.

Any kind of cold meat may be served in this manner.

* Curry of Calf's Head.

Use one quart of the cold meat, cut in slices, one table-spoonful of salt, one-fourth of a teaspoonful of pepper, one teaspoonful of curry-powder, one table-spoonful of chopped onion, two large table-spoonfuls of butter, two of flour, one cupful of stock, and one cupful of milk.

Put the butter and onion in a frying-pan, and cook slowly for five minutes; then add the flour and curry-powder, and stir over a hot fire for one minute. Draw the pan back, and gradually add the stock. Place the pan again on the hot part of the stove, and stir the mixture until it boils; then add the milk gradually, stirring all the while. Let the mixture simmer for three minutes.

Put the meat, with the salt and pepper, in a stew-pan, and strain over it the sauce that is in the frying-pan. Cook for six minutes, and serve with a dish of boiled rice.

Other kinds of cold meat may be used in curries.

Brain Force-meat Balls.

Soak the brains in a bowl of cold water for an hour or more; then remove the thin covering, which is filled with small blood-vessels. Rinse the brains thoroughly in a bowl of cold water. Tie them loosely in a piece of cheese-cloth, and, putting them in a stew-pan with boiling water enough to cover them, let them boil for twenty minutes. On taking them from the water let them cool in the cloth; and when they become cold, mash them smooth with a spoon. Add to them one level teaspoonful of salt, one-fourth of a teaspoonful of pepper, one-fourth of a teaspoonful of powdered thyme, one teaspoonful of chopped parsley, one of lemon juice, one well-beaten egg, half a cupful of cracker crumbs, and two table-spoonfuls of melted butter.

Mix these ingredients thoroughly, and let them stand for half an hour. At the end of that time form the mixture into small balls, and roll these in beaten egg and then in bread crumbs. Place the balls in a frying-basket, and cook them in fat for one minute and a half.

These are nice to serve as a garnish of any of the various preparations of a calf's head; or, served with tomato, bisque, or Bechamel sauce, they make a good entrée.

The brains may be placed in two separate pieces of cheese-cloth, and boiled and cooled as just directed, then seasoned highly with salt and pepper, rolled in beaten egg and then in bread crumbs, and fried in fat. Served with a sauce, they make an excellent entrée.

*Jellied Calf's Head.

After cutting the face from the head, for use in mock turtle soup, free the rest of the head of bones and gristle, and chop it rather fine. For each quart allow half a teaspoonful of pepper, three generous teaspoonfuls of salt, the juice of a lemon, a teaspoonful of onion juice, and a pint of the liquor in which the head was boiled. Put all into a stew-pan, and simmer for half an hour; then add a table-spoonful of capers, and remove the pan from the fire.

The next steps are to butter a three-pint mould, and to cut into rings those whites of hard-boiled eggs which were left after making egg-balls, and use a part for making a circle on the bottom of the mould. Put a layer of the hot mixture — perhaps an inch thick — into the mould, and then a layer of the egg whites; and continue placing these alternate layers until all the materials have been used. Let the dish get perfectly cold; several hours will be needed. At serving-time dip the mould into warm water, and turn its contents out on a flat dish. Garnish with heart leaves of lettuce.

Jellied calf's head is a nice dish for either luncheon or supper.

The foregoing receipts are only a few of many ways in which a cheap and much neglected article of food may be palatably cooked.

THE WARMING OVER OF MEATS.

Meats, when recooked, require more careful, delicate handling than in their first preparation. The things essential to success in this branch of cookery are that the meat shall be freed of all fat, shall be cooked only long enough to heat thoroughly, or shall be cooked slowly for a long time. This is particularly true of beef. The meat should be well seasoned and be served very hot. Here is a good general rule:—

First cut off all the fat; then cut the meat into the kind of pieces you desire to have. This should be done several hours before the time to cook the dish, the meat being kept meanwhile in a cool place. Now put the bones and gristle in a stew-pan, with cold water enough to cover them, and boil gently for two or three hours. If you choose, you may add a small piece each of carrot, onion, and celery during the last hour. Strain the liquor from the bones, and set away to cool. When cold, skim. This is the stock for making the sauce which is used when the meat is warmed.

The fat which was trimmed from the meat should be cut up, put in a frying-pan, and placed on the back part of the stove, to be fried slowly. After an hour or two the sediment and solid parts will fall to the bottom of the pan. A clear liquid fat can then be poured off.

Strain into a dripping-jar, and put away in a cool place. The fat from beef, veal, pork, and chickens may be used for frying purposes, but for most tastes mutton, turkey, goose, and ham fat leave too strong a flavor to be mixed with other drippings. The fat from fried or roast ham or from sausages may be kept in a separate jar. It can be used for warming potatoes, frying hominy, etc.

Many good housekeepers use mutton fat for shortening and frying purposes. It is quite as healthful as any of the fats, and if there be no objection to the taste, there is no reason why it should not be used as freely as other fats.

There are few households where soft soap is not required in the kitchen. The strong fats can be utilized in making this soap, — which is a simple matter when the fat is fried and strained as directed. Never wait until the fat has become tainted before trying it out.

The subject of the care and use of fat is so closely connected with the warming-over of meat that it could not well be passed over; hence this digression.

Having the meat cut in suitable pieces and the stock made, the housekeeper will, with a few rules and suggestions, be enabled to prepare many appetizing and healthful dishes.

The meat must always be seasoned with salt and pepper; for if the sauce should have enough seasoning for itself and the meat too, it would be spoiled. Season every pint of meat with a heaping teaspoonful of salt and one-fourth of a teaspoonful of pepper.

If the meat be red, like beef, mutton, venison, duck, or grouse, the sauce should be dark; if it be light, like veal, chicken, or turkey, the sauce also should be light. For a pint of meat, half a pint of sauce will be needed. After the sauce is made, its character and name may be varied by the addition of any of a variety of materials, such as olives, mushrooms, capers, etc.

* Brown Sauce.

Put one table-spoonful and a half of butter in the frying-pan and on the fire. When the butter gets hot and begins to turn brown, add a generous table-spoonful of flour, and stir until the flour turns dark brown. Now draw the pan to the back part of the stove, and stir until the mixture cools slightly; then add half a pint of stock, pouring it in gradually and stirring all the while. Place the pan on the hot part of the stove, and stir the sauce until it begins to boil. Add a level teaspoonful of salt and about one-fifth of a teaspoonful of pepper. Simmer for five minutes.

* Cold Meat Warmed in Brown Sauce.

Add one pint of meat to the sauce just described, and simmer for five minutes. Serve immediately on a warm dish.

* White Sauce.

This is made in the same way as brown sauce, care being taken not to brown the butter and flour. When it has been boiled for three minutes, add one gill of cream or milk.

* Cold Meat Warmed with Mushrooms.

Cut half a can of mushrooms in small pieces, and add them to a pint of meat. Heat all in half a pint of brown sauce.

* Cold Meat Warmed with Macaroni.

Boil one-eighth of a pound of macaroni for half an hour in one quart of water seasoned with one teaspoonful of salt; then turn it into a colander to drain. Next put it into a stew-pan with one pint of meat, half a pint of brown or white sauce, and half a pint of strained tomatoes. Add one-fifth of a teaspoonful of cayenne, and simmer for eight minutes. Serve very hot.

Cold Duck Warmed with Olive Sauce.

Use a pint of meat, half a pint of brown sauce, one dozen stoned olives, one table-spoonful of lemon juice, and a grain of cayenne. Put all the ingredients into a stew-pan, and simmer for five minutes. To some tastes it will be considered as an improvement to add three table-spoonfuls of claret.

* Cold Meat au Gratin.

Have a pint of cold meat cut into cubes, and seasoned with salt and pepper. Mix a generous half-pint of white or brown sauce with it. Turn into an escalop-dish holding about a pint and a half, and cover with half a pint of grated bread crumbs. Dot this covering with a scant table-spoonful of butter. Bake in a rather hot oven for twenty minutes, and serve at once.

* Hashed Meat on Toast.

Use a pint of meat, half a pint of stock, a generous tea-spoonful of salt, a little pepper, a table-spoonful of flour, a table-spoonful of butter, and six small slices of toast.

Put the meat in the chopping-tray, and sprinkle over it the salt, pepper, and flour; then chop it rather coarse. Now put it in a small stew-pan with the stock. Cover, and simmer for half an hour; then add the butter. Toast the bread and arrange it on a warm dish. Spread the hash upon it, and serve at once.

If the hash be made of veal or duck, add one table-spoonful of lemon juice just as it is taken from the fire.

These are only a few of the many healthful dishes that can be prepared by any housekeeper. The labor is slight, but the care should be the same as that given to the most delicate dessert. It will pay a hundred fold, as regards both economy and the attractiveness of the table.

*A BOILED DINNER.

Despite the array of savory viands and delectable dainties which may be produced by following modern modes of cooking, there is, for many people, nothing more attractive and satisfying than an old-fashioned salt-fish dinner or a boiled dinner; yet commonly people do not take the proper amount of pains in preparing either meal. The articles required for a boiled dinner are six or eight pounds of corned beef, a small head of cabbage, enough white or yellow turnips to make three quarts when sliced, three beets of medium size, a dozen good-sized potatoes, four carrots, and, if convenient, the same number of parsnips.

There are two methods of preparing this dinner: one is to cook the meat and each vegetable separately, and the other is to cook all, except the beets, in one large kettle. The latter mode gives a savory meal; yet many persons have no appetite for articles which have been boiled in a single utensil and each of which has acquired a combination of flavors from the water as the cooking progressed. By the second method of preparation each article retains its distinctive flavor. All the vegetables should be seasoned with salt and butter at serving-time.

Cooking the Meat.

The first step is to prepare the corned beef. The rump or a brisket piece is the most suitable to use. Wash the meat thoroughly, and put it into the kettle with hot water enough to cover it; or if the meat be very salt, use cold water. Slowly heat the water to the boiling-point, and then skim carefully. Set the kettle back where the beef will only simmer for five hours and a half. The water must simply bubble; rapid cooking would make the meat hard, dry, and stringy. At serving-time put the meat on a large platter, and garnish with a few slices of carrot, beet, and turnip.

In case the vegetables be cooked with the meat a much larger quantity of water must be used than when the meat is cooked alone, and the kettle must be drawn forward to a hotter part of the stove when the vegetables are added.

Preparation of the Vegetables.

Cut the stalk and green or bruised leaves from the cabbage; then cut the cabbage into four parts, and put it into a pan with two table-spoonfuls of salt and cold water enough to cover it. Let it stand for an hour or more. Pare and slice the turnips; pare the potatoes; scrape the carrots and parsnips, and cut them into slices lengthwise. Put all these vegetables into cold water. Wash the beets lightly, being particular not to break the little roots. Put them into a large saucepan with boiling water in plenty, and boil for two hours if the beets be small, or for three hours if they be large. As beets grow older they require more time for cooking. When the beets are done, plunge them into cold water; for this will enable you to rub off the skin readily. Slice thin, and season with butter and salt, unless vinegar be preferred.

Boil the cabbage for two hours, and during the last half-hour add a table-spoonful of salt. Sometimes half a pound of lean salt pork is cooked for five hours in the water, put into the kettle in which the cabbage is to be boiled, — three hours before the vegetable is put in, and the remaining two while the cabbage is cooking. When this is done it is customary to place the pork on the dish with the beef, and serve a thin slice to anybody desiring it. The cabbage should be drained in a colander after the cooking, and cut with a knife as it is drained, or it may be put into a chopping-tray and chopped fine, salt and butter being added,—about a table-spoonful of butter and a teaspoonful of salt.

The carrots and parsnips should be put into boiling water, and cooked for an hour; the potatoes and turnips should be put into boiling water, and cooked for half an hour.

If the vegetables are to be cooked with the meat, after the latter has been simmering for three hours, the kettle must be placed on a hotter part of the range, and the cabbage be added; an hour later add the carrots and parsnips; and half an hour afterward add the turnips and potatoes. At serving-time take up the potatoes, and set them in a dish on the back part of the stove, covering them with a towel. Take up the cabbage, and let it drain; then remove the rest of the vegetables and the meat. The meat, being salt, gives the vegetables sufficient seasoning, so they need only be placed in the proper dishes. Everything should be served very hot, and there should be mixed mustard and vinegar on the table.

* A SALT-FISH DINNER.

Outside New England a salt-fish dinner is hardly known, and even in that section it is rarely served in such perfection in the interior as it is in the towns bordering on the coast. To the uninitiated it may seem to be a very insignificant meal; but to those who know what it really is, few dinners are more attractive. The preparation of a salt-fish dinner calls for care and skill. The materials should be of the very best. Codfish is the only suitable fish to use, and dunfish is better than white; the process of curing the former being preferable to that of curing white fish, and the result being a darker and richer fish. But whichever fish is used, the treatment is the same. The fish never should be cut before cooking.

Preparation of the Fish.

A genuine salt-fish dinner is composed of a whole salt cod, beets, carrots, onions, potatoes, salt pork, butter, hard-boiled eggs, flour, salt, and pepper. The night before the dinner is to be served, wash the fish carefully. It is best to use for this purpose a brush such as is used for scrubbing hams. Cut off the fins and tail. Put the fish into a large pan, skin side up; and soak it over night in sufficient water to cover it.

The next day place the fish, skin side up, in a fish-kettle or in a large pan. Place on the fire where the water will heat slowly to the boiling-point without actually boiling; then set back where it will keep hot for five or six hours. If care be taken not to let the fish boil, it will break into soft, rich, gelatinous flakes when served; but if it be boiled, it will be dry, thready, and hard.

Cooking the Beets.

Beets may be boiled without washing. When they are washed the little roots are apt to be broken, and the juices escape. This impoverishes the vegetables and spoils the color. The time of cooking depends upon the age. When they are small and young they may be cooked in less than an hour, but as the season advances the time must be increased. In September, October, and November they should be cooked for two hours; in December and January they will require about three hours' cooking; and in the spring four hours' will be none too much. They need steady, gentle boiling. When they are done, pour off the hot water, and cover them with cold water. Rub off the skin, and slice them. They may be seasoned with salt, pepper, and butter, or served without any seasoning.

What to Do with the Other Vegetables.

The carrots should be scraped, sliced lengthwise, and then cut into pieces about three inches long. Let them stand for an hour or more in cold water; then boil for an hour in plenty of water. Pour off the water, and add to each quart of carrots one level table-spoonful of sugar, two table-spoonfuls of butter, one teaspoonful of salt, and one gill of stock or boiling water. Let the carrots boil till they absorb all the moisture.

Peel the onions, and boil them in plenty of water for one hour; adding to eight onions, in the last half-hour, one table-spoonful of salt. Pour off the water at the end of the hour. Add enough milk to cover the onions; then simmer for half an hour longer. At the end of that time put them in a dish, and sprinkle with salt and pepper. Add a table-spoonful of butter and a gill of the milk in which they were boiled. Unless milk be plentiful, it need not be used.

The potatoes should be pared, and then soaked in cold water for an hour. Put them into a kettle, cover them with boiling water, and cook for half an hour. They should not be boiled rapidly. When they have been cooking for fifteen minutes, add salt in the proportion of a table-spoonful for every dozen potatoes.

When these vegetables are done, drain off every drop of water. If the potatoes must wait a little time before serving, lay a coarse towel over them, and place the stew-pan on the back part of the stove, where its contents will keep hot.

Making Pork Scraps.

Pork scraps are made by cutting salt pork into cubes and frying them slowly for twenty minutes. At the end of that time draw the pan forward where the heat is greater. Stir the pork until it becomes brown and crisp;

then take from the fire at once. At serving-time make very hot.

Egg Sauce.

Egg sauce is made by beating together half a cupful of butter and a table-spoonful of flour; adding half a pint of boiling water; setting the saucepan on the fire, and stirring until the sauce begins to boil; immediately drawing the saucepan back, and adding half a teaspoonful of salt and half a salt-spoonful of white pepper; chopping two hard-boiled eggs rather fine, — doing it with a plated knife or spoon, — and adding them to the mixture already prepared.

Serving the Dinner.

The fish, vegetables, and sauces being cooked, the dinner should be served in dishes which you are particular to have warm. There will be needed one large platter, four vegetable-dishes, and two sauce-boats. Place the whole fish, skin side up, on the platter, and garnish it with carrot, beet, and parsley. Dish the vegetables, and send everything to the table hot. In serving the fish slip the knife under the skin, and fold the skin back. Cut out a handsome piece of fish, and serve with either egg sauce or pork scraps. The fish may be skinned before it is sent to the table, but it will not keep so hot.

Any fish left from the meal may be used for fish-balls or hash. If any beets be left, take them for a salad or pickle. Sometimes they are chopped fine and added to fish-balls or hash. Egg sauce and pork scraps often are disposed of in the same way.

A GROUP OF SIMPLE DISHES.

In this chapter are given a few simple dishes for breakfast and tea. But they form only a small proportion of the entire number of this kind contained in the book. In the chapters on "Dishes of Eggs" and "Cheese Dishes" there are many good things for the breakfast and supper table, not to speak of various receipts elsewhere.

* Peach Short-cake.

Pare and cut, in very thin slices, enough peaches to measure three pints when sliced. Put the fruit in a large bowl, and sprinkle it with a generous cupful of granulated sugar. Let it stand in a cool place for half an hour or more.

Mix one quart of flour, one teaspoonful of soda, two of cream-of-tartar, one of salt, and one of sugar, and rub the mixture through a sieve. Now rub into the dry mixture four table-spoonfuls of butter. Add a cupful and a half of milk; mix quickly until smooth dough is formed. This should be divided into six parts, and each part be rolled down to the size of a tin pie-plate of medium size. Butter three plates, and lay a piece of dough on each. Spread lightly with soft butter; then lay a second piece of dough on each plate, and place in a hot oven. Bake for ten minutes.

When the cakes are done, tear them apart, and spread with the peaches. Put on the top pieces, and heap whipped cream on them. Serve the short-cake at once; it will not be good cold.

* Strawberry Short-cake.

Mix well together in a sieve, and then rub through it, one pint of flour, a teaspoonful and a half of baking-powder, two table-spoonfuls of sugar, and half a teaspoonful of salt. Rub into this mixture three table-spoonfuls of butter, and wet it with almost a teacupful of milk. After sprinkling a board lightly with flour, lay the dough upon it, and roll down to the thickness of about half an inch. Place a jelly-cake plate upon the dough, and cut around its edge with a sharp knife. Enough dough can be made with the materials mentioned above for one to obtain four small cakes. Butter two jelly-cake plates, and place the cakes in them — two in each plate. Bake in a quick oven for twelve or fifteen minutes. On removing them from the oven, tear them apart (you will not require a knife), and spread between the matched cakes a quart of strawberries, slightly crushed, and sprinkled with a cupful of powdered sugar. It is an improvement to add a pint of whipped cream to the fruit. Serve immediately.

* Adirondack Strawberry Short-cake.

This rather novel delicacy calls for the use of three pints of strawberries, one cupful of sugar, one quart of sour milk, one quart of flour, two eggs, four table-spoonfuls of melted butter, two teaspoonfuls of soda, and one teaspoonful of salt.

If the cake be desired for supper, in the morning pour the sour milk upon the flour, and beat thoroughly. Let the mixture stand in a warm place until evening; then dissolve the soda in one table-spoonful of cold water, and add it to the batter, together with the salt and the eggs, well beaten. Fry this batter on a griddle, like common griddle-cakes, but have each cake the size of a tea plate. Butter the cakes as they come from the griddle, and spread each with a thin layer of crushed strawberries. Sprinkle lightly with sugar. There should be three griddle-cakes and three layers of berries for each plate, and the short-cake should be served hot. By many people a dish of whipped cream will be found to be an agreeable accompaniment.

The batter for this cake makes very nice plain griddle-cakes, and if it be used for such the eggs may be omitted.

Cream Waffles.

Use half a cupful of butter, half a pint of cream, half a pint of milk, one pint of flour, half a teaspoonful of salt, and four eggs.

Beat the butter to a cream. Add the well-beaten yolks of the eggs and the salt, and beat for two minutes. Now add the flour, milk, and cream, alternating with a gill of the liquid and a gill of the flour. When all has been beaten together until smooth, add the whites of the eggs, beaten to a stiff froth.

These waffles are delicious, but of course expensive. It is very important that the materials be combined in just the order given.

* Raised Wheat Waffles.

Warm a pint of milk, and add to it two table-spoonfuls of melted butter, two of sugar, a teaspoonful of salt, and half a cupful of yeast, or half a cake of compressed yeast. After sifting a pint and a half of flour, pour this mixture upon it, and beat thoroughly. Add two eggs, well beaten; and after covering the dish closely, set in a warm place, so that its contents shall rise. The mixture should be light in four hours.

Make the waffle-irons very hot, and after rubbing them slightly with fat salt pork, pour into them a thin layer of the batter. When the waffles get brown on both sides, which will be in about a minute and a half, serve them at once. Delay makes them deteriorate.

* Hominy Waffles.

These are made of a cupful of hot or cold boiled hominy, a cupful of milk, a cupful and a half of flour, two eggs, one heaping teaspoonful of baking-powder, one table-spoonful of melted butter, and half a teaspoonful of salt.

Break up the hominy with a fork, and gradually beat the milk into it. Mix the baking-powder and flour, and sift over the hominy. Add the salt, and beat well; then add the eggs, well beaten, and cook the mixture as other waffles are cooked. The waffle-iron should be very hot.

The first lot of waffles or griddle-cakes never will be so good as those that follow, because after the iron has been used it will become smooth, and the heat will be more even.

* Indian Waffles.

These are delicious if served as soon as taken from the fire. They are made of a cupful of flour, a cupful of Indian white meal, two cupfuls of sour milk, half a cupful of sour cream, half a teaspoonful of salt, two table-spoonfuls of sugar, one teaspoonful of soda, one table-spoonful of cold water, and two eggs.

Mix the sugar, salt, meal, and flour. Beat the eggs until they are light. Dissolve the soda in the table-spoonful of cold water, and stir it into the sour milk and cream. Pour the liquid upon the dry mixture; then add the beaten eggs, and stir well. Have the waffle-irons very hot, and after rubbing them lightly with a piece of fat salt pork, pour a thin layer of the batter into one half of the iron. Drop the other half gently upon the first one, and then turn the iron over. Cook until the waffle is brown on both sides, — say for about two minutes.

* Buckwheat Cakes.

The buckwheat cake is often exceedingly disappointing. Sometimes it is so good that one may fancy it would be impossible to tire of the dish; yet the next time it may be so poor that almost anything would seem preferable.

In making the cakes it must be remembered that it is difficult to have them light and dry when they are made wholly of buckwheat flour, and that the batter, if raised with fresh yeast, will not be so good as that which is raised with some of the unused batter of the previous day. Here is a rule which should give perfect cakes:

Into a deep pail or pan put a pint of buckwheat, half a cupful of Indian meal (white is best), a teaspoonful of salt, and half a cupful of liquid yeast or half a cake of compressed yeast, — the latter to be first dissolved in half a cupful of water. Add to the ingredients in the pail a little more than a pint of warm water and a tablespoonful of molasses. Beat the mixture thoroughly, and place where it will rise. The batter should rise and fall again before morning. In the morning sift into the batter one teaspoonful of dry soda. Stir well, and fry.

If you have the cakes, say three times a week, you will not require fresh yeast after the first batch if you reserve a little more than a pint of the batter in a cool place, and use that instead. The griddle, for any kind of batter cakes, should be kept as hot as possible without danger of burning the cakes.

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* These are delicate and delicious. In making them use two cupfuls of buckwheat, two cupfuls and a half of warm water, one cupful of stale bread, one cupful of milk, one teaspoonful of salt, and half a cake of compressed yeast.

Dissolve the yeast in half a cupful of the water; then put this water with the remaining cupfuls, and pour all upon the buckwheat. Add the salt, and beat for ten or fifteen minutes; then cover the mixture, and set it in a warm place to rise.

Put the bread into a bowl with the milk, and let it soak over night in a cool place. In the morning mash it till fine and light, and add it to the risen buckwheat batter. Fry as any griddle-cakes are fried.

* Sweet-Milk Griddle-cakes.

For six people use a pint and a half of flour, a pint of milk, two eggs, a level teaspoonful of salt, two teaspoonfuls of baking-powder, and three table-spoonfuls of melted butter.

Mix the dry ingredients, and rub them through a sieve. Add the milk and the eggs, well beaten. Now add the melted butter, and fry the cakes at once.

* Indian Griddle-cakes.

To make enough for six people one should take half a pint of fine corn meal, half a pint of flour, a pint of boiling water, three gills of cold milk, one teaspoonful of baking-powder, one teaspoonful of salt, and two eggs.

Put the meal, salt, and sugar into a bowl, and pour the boiling water upon them. Beat thoroughly, and then add the cold milk. Let the mixture stand until it becomes perfectly cold; then mix the flour and baking-powder, and sift into the bowl. Blend thoroughly, and add the eggs, well beaten. The cakes should be small, well browned, and thoroughly cooked.

Another kind of Indian griddle-cake is made by scalding the half-pint of meal with the boiling water and adding, when the mixture gets cold, a pint of sour milk, a cupful and a half of flour, two table-spoonfuls of sugar, and one teaspoonful of salt, and also adding, the next morning, a teaspoonful of soda, which has been dissolved in two table-spoonfuls of cold water.

If one have any sour cream, it will be well to use half a pint of milk and half a pint of cream instead of a full pint of milk.

* Bread Griddle-cakes.

Put a pint of stale bread and a pint of milk into a deep bowl, and after covering, let them stand over night in a warm place. In the morning rub through a colander, and add to the mixture a teaspoonful of salt, two table-spoonfuls of sugar, one teaspoonful of soda (previously dissolved in two table-spoonfuls of cold water), one cupful of flour, and two eggs, beaten well. If you choose you may also add a light grating of nutmeg; and should you have a few spoonfuls of sour cream, the cakes will be improved by using it at this point. It takes more time to fry these cakes than the plain flour griddle-cakes.

* Graham Griddle-cakes.

Mix together a cupful of flour, a cupful of graham, a table-spoonful of sugar, and half a teaspoonful of salt. Beat two eggs, the whites and yolks separately. Dissolve a teaspoonful of soda in two table-spoonfuls of cold water, and stir into one pint of sour milk. Add this to the dry mixture, and when both are well mixed, add the beaten eggs and a heaping table-spoonful of melted butter. Fry the same as any other griddle-cakes.

* Rice Griddle-cakes.

These are extra nice. Put a pint of boiled rice to a pint of milk, to stand over night, and in the morning add a pint and a half of flour, a teaspoonful of salt, a table-spoonful of sugar, and a table-spoonful of melted butter. Beat the mixture well, and add three well-beaten eggs and a pint of milk in which a teaspoonful of baking-powder has been stirred. Fry on a hot griddle.

If you have half a pint of cream, substitute it for the table-spoonful of butter.

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* After dissolving a teaspoonful of soda in a table-spoonful of cold water, stir it into a pint of sour milk. Add a generous pint of flour; and when the mixture is smooth, add a cupful of cold boiled rice, two well-beaten eggs, and half a teaspoonful of salt. Fry the cakes till they turn a rich brown.

* Green Corn Griddle-cakes.

If one think the use of eggs a piece of extravagance, this may seem to be a very expensive dish. For six persons use half a dozen eggs, a pint of grated uncooked corn, — about ten ears, — half a pint of milk, one pint of flour, two table-spoonfuls of sugar, and two teaspoonfuls of salt. Beat the eggs until they are light, and mix with the other materials. Fry the batter on a griddle in small cakes.

* Oatmeal.

All that is needed is half a pint of meal, three pints of boiling water, and one teaspoonful of salt. Into the water stir the meal, being particular to stir well from the bottom of the stew-pan. Keep the dish for half an hour where it will boil moderately, and during this period stir it three times; then add the salt, stirring well, and after covering the dish closely, put it back where it will simply bubble for an hour and a half. It should not be stirred at all. In the morning a double-boiler will be needed. This utensil consists of a tin pail fitting into another considerably larger, the space between the two being filled with water, so that the contents of the inner pail can never acquire a burnt flavor. Into the double-boiler pour half a cupful of boiling water, and into this water turn the cooked oatmeal. Set the dish where it will heat while the remainder of the breakfast is being prepared.

If steamed oatmeal be liked it can be cooked in the morning. A cupful should be stirred into a quart of boiling water, together with a good-sized teaspoonful of salt, and boiled gently for half an hour, being stirred twice during the first ten minutes.

* Baked Oatmeal.

Opinions vary as to the manner in which oatmeal should be cooked. In Scotland and Ireland, where oatmeal is a staple article of diet, the method of cooking what is there termed porridge, and what we call mush, is generally the same. This is not the case in America. In the old countries the meal always is sprinkled gradually into the boiling water; the mush being stirred constantly. Then it is cooked for an hour or more, being placed where it will boil gently all the time, and being stirred frequently. The people of Scotland and Ireland keep smooth iron pots for the special purpose of cooking oatmeal. These pots usually have feet, diminishing the danger of burning. This kind of pot is in common use in the South, where hominy is cooked in much the same way that oatmeal is cooked in Scotland. Hominy is as important in the South as oatmeal is in Scotland.

By cooking oatmeal in the manner described, one obtains a sweetness and richness not found in oatmeal that has been cooked in a double-boiler. But the necessary stirring breaks the grains, and the dish may be properly called mush. Now, if the grains be desired to remain whole, there should be no stirring after the first ten minutes' boiling. In baking oatmeal, you may get every grain well cooked, but whole.

Put three pints of boiling water and half a tablespoonful of salt into a stew-pan, and place the pan on the fire. Gradually stir into the water one cupful of coarse oatmeal. Let it boil for five minutes, stirring frequently; then turn into a deep earthen bowl, and cover with a plate. Set the bowl in a pan. Now pour into the pan enough boiling water to come almost to the top of the bowl. Place in a moderately hot oven, and bake for two or three hours. Take the mush from the oven at the end of that time, and let it cool in the bowl; then set it away in a cold place. In the morning put the bowl again in a pan containing boiling water, and set it in the oven for half an hour. On taking it from the oven, slip a knife between the mush and the bowl and turn the mush into a warm dish.

If this rule be followed carefully, the mush will be of delicious flavor and each grain will be whole. When one is fond of milk, half water and half milk may be used at the start. This is an especially good way to cook mush for children's dinner or supper.

* Wheat Germ Mush.

Wheat germ is a fine meal obtained from the heart of the wheat. It makes an excellent mush. Into the inner basin of a double-boiler pour a quart of boiling water; and after setting this basin on the stove, gradually sprinkle into it one cupful of wheat germ. Stir the mixture constantly until it boils up; then add a teaspoonful of salt, and set the small boiler into the larger one (in which, as usual, there should be some water). Cook for twenty minutes, having the water in the outer basin boil all the time. Serve milk or cream with the mush.

This is a pleasant change from cracked wheat or oatmeal. If any mush be left from breakfast, it may be fried like hominy for breakfast the next day.

* Hominy.

This is one of the most excellent simple foods that we have, and may be used in a variety of ways for breakfast or supper. It unfortunately happens that people often fail of buying the right kind or of cooking it properly, and so do not know its value. Get the fine white hominy. After washing a cupful in three waters, stir it into a quart of boiling water; add a teaspoonful of salt, and boil gently for an hour, stirring frequently. This simple work is all that is required for obtaining a very palatable and nutritious dish.

Hominy may be eaten with milk, like oatmeal, or served with beefsteak or any kind of roasted or broiled meat. It must be washed clean and boiled well to insure perfection. If any part of the dish remain after the first serving, it may be used for griddle-cakes or muffins, or even eaten cold.

* Fried Hominy.

Still another way to serve hominy is to pour it, while hot, into a deep pan which has been dipped into cold water; allow it to cool, and then cut it into slices, which, after they have been sprinkled lightly with flour, are to be fried in a pan containing just enough pork fat to prevent burning. It takes a long time to brown hominy in this way; and as the fat spatters considerably, the frying-pan should be covered during the cooking.

* Hominy Snowflakes.

This is the name given to a new preparation for breakfast dishes. It is easily and quickly cooked, and affords a pleasant change in the fare. Put a cupful of the snowflakes into a saucepan, and pour over them a cupful and a third of boiling water; then add a scant teaspoonful of salt, and simmer for five minutes. Serve the same as oatmeal.

Or, mix a cupful of the snowflakes with one cupful and a half of cold milk and one scant teaspoonful of salt, and put the mixture into the inner kettle of a double-boiler, — the outer kettle containing boiling water. Cook for ten minutes. A richer dish is obtained by this mode of cooking.

* Granulated Yellow Meal Mush.

In place of oatmeal, hominy, or cracked wheat, this dish will be found a pleasant one for breakfast. It is made by putting half a pint of meal into a stew-pan, and gradually pouring upon it three pints of boiling water, adding a teaspoonful of salt, and beating well; and finally setting the mixture on the stove to boil gently for an hour or more. Serve cream or milk with the mush.

* Rye Mush.

Put one pint of boiling water into a stew-pan and on the fire. Mix three gills of rye meal with three gills of cold water. Stir this into the boiling water. Add one teaspoonful of salt. Stir the mush well, and place it on the back part of the stove, where it will cook slowly for half an hour. Serve with milk.

* Graham Mush.

Graham mush is made exactly the same as rye mush.

* Rolled Wheat Mush.

Put a pint and a half of boiling water and a generous teaspoonful of salt into a stew-pan. Place on the fire, and when the water boils rapidly, sprinkle in one cupful of rolled wheat. Stir the mush well, and set back where it will cook slowly for one hour. Serve with milk.

* Pearled Wheat Mush.

Wash one small cupful of pearled wheat in cold water. Stir it into one generous quart of boiling water, and let it boil rapidly for ten minutes. Add one teaspoonful of salt. Cover the stew-pan, and place on the back of the stove where the mush will simmer for three hours. Serve with milk or cream.

This mush can be cooked one day and be heated in the double-boiler for breakfast the next morning.

The Health Food Company sells a nice quality of pearled wheat.

* Toast.

As a general thing, not enough care is taken in the preparation of toast. Cut slices of stale bread about one-third of an inch thick. Put them in the toaster and hold them over the fire, but a little distance from it, until they become slightly dried. It will take about two minutes. Now hold the toaster near the fire, and brown the bread quickly, being careful not to burn it, and yet to let it acquire a rich brown color. The toast will be delicate and crisp.

* Butter Toast.

This is made by dipping the edges of slices of toast in boiling water, and then spreading the slices with butter. The toast should be served immediately.

* Cream Toast.

Heat three cupfuls of cream to the boiling-point; then add half a teaspoonful of salt. Put a slice of toast in a deep warm dish, and pour a little of the cream on it; then put another slice in the dish, and pour in more cream. Continue in this way until all the materials are used. Three cupfuls of cream will be sufficient for seven or eight slices of toast. Serve hot.

* Milk Toast.

Reserve half a cupful of milk from a quart, and put the rest in a double-boiler, and on the fire. Mix the cold milk and two table-spoonfuls of flour, and stir the mixture into the milk when it begins to boil. Stir for two minutes; then put the cover on the boiler, and let the milk cook for a quarter of an hour longer.

Now add two table-spoonfuls of butter and a teaspoonful and a half of salt. Stir well, and dip the slices of toast in the liquid; then lay them in a deep dish, and pour the remainder of the milk over them. There will be enough milk for ten or twelve good-sized slices of toast. If bakers' bread be used, it will only be necessary to dip it into the sauce and take it out immediately. Home-made will not absorb the milk so quickly, and it will be better to let the slices remain in the sauce for a minute or more.

Graham, brown bread, and cracker toast are made in the same way. Toast the bread as carefully for cream or milk toast as you would if it were to be served dry.

* Toasted Crackers.

After splitting six Boston butter crackers, soak them in cold water until they begin to swell; then remove them from the water, and drain them on a plate. Butter the bottom of a flat baking-pan very lightly. Spread the crackers in this pan, crust side down, and put them in a hot oven for ten minutes. In that time they should turn a delicate brown. Remove them from the oven, butter them lightly, place them on a warm dish, and serve at once.

It makes the crackers richer, of course, to soak them in milk instead of water. They are very nice served with oyster soup, panned oysters, fricasseed oysters, oysters in the shell, and oysters sauté. The crackers may be toasted over the fire instead of in the oven.

* French Toast.

Cut from a loaf of baker's bread a dozen slices about one-third of an inch thick. Beat together two eggs and one-fourth of a teaspoonful of salt, and add a cupful and a half of milk. Put a part of the mixture in a soup plate, and dip a few slices of bread into it; and continue adding a little mixture and dipping the slices until all the mixture has been used. Spread the bread on a platter, and let it stand for half an hour. At the end of that time rub the bars of a toaster lightly with butter, and toast the bread brown on both sides. Send to the table very hot.

* Toasted Pilot Bread.

Pilot bread is the large water cracker commonly used on board ships. It is hard, but has a sweet, nutty flavor. For six persons use eight or ten crackers. Put them in a dish, and cover with cold water. Let them soak for a quarter of an hour; then remove them from the water, and spread on a large platter. They should stand for at least an hour or two. At supper-time butter the bars of a toaster and toast the crackers — a few at a time — until they turn a delicate brown. Spread lightly with butter, and serve at once.

Instead of using a toaster, the crackers may be put in a large baking-pan and set in a hot oven for ten minutes; then buttered and served. These toasted crackers are especially good with broiled salt fish.

PIES.

Puff Paste.

NEARLY all cooks and housekeepers find it a difficult thing to learn to make puff paste. Not that the work is complicated, but because there must be great delicacy and rapidity of touch. In the hundreds of rules given in the cook-books of all countries, the principles are the same, — a pound of butter to a pound of flour, with variations in the way of lemon juice, sugar, or egg given in one, and omitted in another.

In making puff paste the object is to get as many distinct layers as possible. Each layer should be as thin as a sheet of note-paper. To insure this result, all the materials and utensils used must be very cold, and the work should be done in a cool room. The butter should be of good quality, and the flour, when possible, be made by the old process, or what is called "half-high milling." This flour is used a good deal at the West and Southwest. Flour made by the new, or high-milling, process is too granular to make perfect puff paste. Many cooks, however, say that they can make puff paste quite as good with the new as with the old-process flour. The writer's experience leads her strongly to recommend using only the pastry flour or the "half-high milling."

In making puff paste the flour, water, and salt may be mixed to a dough, and then the butter be rolled with it. Made in this way the flakes are larger and more distinct; but the pastry is not quite so tender as it would be if a small part of the butter were mixed with the salt and flour before the water was added.

If the paste can be chilled three times while it is being made, it will be lighter, and the flakes will be larger. The colder and smoother the board on which the paste is made, the better the paste will be. A smooth wooden board answers all purposes, but, if convenient, a marble or a slate slab is preferable because colder. Marble is expensive and heavy, but a slate slab is light and inexpensive; one measuring 18 × 20 inches, costing about $1.50, may be used.

In summer there must be ice and a refrigerator; in winter snow may be substituted for the ice, and the chilling may be done in a cold room or out of doors.

Here is a method of making puff paste which is slow, but the beginner may be almost sure of success; and when one has become expert in handling the paste, there need be no intervals between the several times of rolling it.

For a large vol-au-vent, or twelve small patties, or four medium-sized pies, use one quart of sifted flour, two cupfuls of butter, packed solid, one table-spoonful of sugar, one level table-spoonful of salt, and about a cupful and a quarter of ice-water.

Work the butter in a pan of cold water until it is light and waxy; then pat it between the hands to remove all the water. Divide it into four thin cakes; spread them on a towel, and lay them on the ice in the refrigerator.

Put the flour, salt, and sugar into a bowl. On a firm table put the pastry-board, rolling-pin, a case-knife, a plate with a little flour for dredging, a soft towel, a dripping-pan, and two shallow cake-pans. The three pans must be water-tight. Put about four pounds of ice into the canvas bag, and pound it until it is almost as fine as snow; half fill one of the cake-pans with this, and put the remainder into the dripping-pan. Set the cake-pan filled with ice into the empty pan; place these in the dripping-pan, and put them in the refrigerator or in a cold room. This is for chilling the paste quickly.

Now break one of the cakes of butter and rub it quickly into the flour, always keeping plenty of flour between the hands and the bits of butter. Add the ice-water, a little at a time, stirring with the knife.

When a smooth ball of paste is formed, sprinkle the board lightly with flour, and turn the paste on it. Beat it lightly with the rolling-pin, lifting it and tossing it back on to the board, after two or three strokes of the pin; then roll the paste down until about half an inch thick, keeping it as near the shape of a square as possible.

Take one of the cakes of butter from the refrigerator, and cut it into bits; spread these over the paste, and sprinkle lightly with flour. Fold the paste — one-fourth from each side — so that the edges meet; then fold from the ends, but do not have these meet. Now double the paste, pound lightly, and roll down to about one-third of an inch in thickness. Fold as before, and roll again. Now spread another cake of the butter as before; sprinkle with flour, and fold. Roll down to about an inch in thickness; place the paste in a thin napkin; and lay this in the empty cake-pan, which has been kept between the two pans of ice. Let the paste chill for twenty minutes. At the end of that time roll it down to the thickness of one-fourth of an inch; fold it as described before, and roll it once more. Now add the last of the butter, and roll and chill as before. When it has been chilled for twenty minutes, take it to the board again and roll it down twice, each time having it about one-third of an inch, or less, in thickness. After the second rolling fold it in the middle and then double it. Roll it gently until it is about the size of the pan in which it cooled, being careful to have it equally thick in every part. Place it in the pan, and let it chill for one hour or more. It is now ready for use.

A word of caution, — use as little flour as possible in rolling the paste. Let each stroke of the rolling-pin be light and even. Be sure that the last chilling is thorough.

Chopped Puff Paste.

This paste is made quickly, and is very satisfactory, although not so delicate or light as genuine puff paste. Into a chopping-tray put one quart of sifted flour, one table-spoonful of sugar, one teaspoonful of salt, and two cupfuls of unwashed butter.

Beat two eggs very light, and add to them half a cupful of ice-water and one table-spoonful of lemon juice. Chop the butter and flour together until the butter is reduced to lumps about the size of a pea. Then gradually add the mixture of egg, lemon juice, and water, chopping all the while. When all the mixture has been used, sprinkle the moulding-board with flour, and turn the paste on to it. Roll and fold the same as for puff paste. Do this three or four times. Chill and use the same as puff paste. This paste may be used without chilling, but it will not be so light and delicate as if thoroughly chilled.

* Plain Paste for Pies.

For eight pies of medium size use two quarts of sifted flour, one cupful of lard, one of butter, one table-spoonful of salt, two of sugar, and about a cupful and a half of cold water.

Reserve half a cupful of the flour, and put the remainder into a chopping-tray with the salt, sugar, lard, and butter. Chop until all these ingredients are thoroughly blended; then add the water, a little at a time, chopping all the while. When the water gets well mixed with the other ingredients there should be a stiff paste. Sprinkle the moulding-board with some of the reserved flour, and, putting the paste upon it, roll down to the thickness of about a quarter of an inch. Fold the paste and roll it down again; and repeat the operation three times. Put the paste on ice, that it may get chilled. If one prefer to omit the lard, an extra cupful and a half of butter may be substituted. Lard makes the paste richer and tenderer, but butter gives a better flavor. The smaller the quantity of flour used on the moulding-board, the nicer will be the paste.

Unfortunately some housekeepers make pies every week in the year, and they and their families would feel lost if a day passed without the usual quantity of pie. Wiser housekeepers have pies only occasionally, and when the fruits and vegetables of which they are made are at their best.

* Apple Pie.

For two large pies use enough apples to make three quarts when pared, cored, and cut into eighths, two tea-cupfuls of sugar, about one-third of a grated nutmeg, two table-spoonfuls of flour, and eight of water; and for the crust use three cupfuls of flour, one of butter, two table-spoonfuls of lard, one heaping teaspoonful of salt, one of sugar, and a scant half-cupful of cold water.

Follow the directions previously given for plain paste, using the quantities of ingredients given here. Now prepare the apples. Butter two deep plates, and line them with a thin layer of paste. Cover the bottom of the plates with apples, being careful to place them so that the sharp edges shall not cut through the paste. Fill the plates with the remainder of the apples.

Mix the two cupfuls of sugar, two table-spoonfuls of flour, and the nutmeg, and sprinkle half of this mixture over each plate of apples; then sprinkle half of the half-cupful of water over the fruit.

Roll a piece of the paste to a size a little larger than the pie plates. Make a small slit in the centre of this paste. Cover one pie with this. With a knife lift the edge of the under crust, and tuck in the edge of the top crust. When all the edge has been secured in this manner, press the two edges together gently.

Cover the second pie in the same way, and bake in a moderate oven for fifty minutes.

* Apple Tart.

Make a plain paste, as for apple pie. Heap pared, cored, and quartered apples in two oval vegetable-dishes that have flat rims. Each dish should hold about two quarts. Over each grate one-fourth of a nutmeg and half the thin yellow rind of a lemon. Sprinkle into each dish a generous cupful of sugar and one-third of a cupful of water. Cover with paste about half an inch thick, "fulling" it over the apples a little. The flat edge of the dish must be covered with the paste. Prick the paste in several places with a fork. Bake in a moderate oven for three-quarters of an hour. Serve cream and sugar with this tart.

This is by far the most desirable manner of baking paste and fruit together, as there is no under crust to become soggy with the juices of the fruit.

Swiss Apple Tartlet.

For a tartlet about the size of a large breakfast-plate use three pints of apples, one cupful and a quarter of sugar, the same quantity of water, about a quarter of a grated nutmeg, and plain or rich paste to line the plate, (one cupful of flour, with the other ingredients for the paste, will be sufficient for one tartlet).

Pare, quarter, and core the apples. Put a cupful of sugar and a cupful of water in a small stew-pan, and boil for eight minutes; then add a pint of the quartered apples, and cook gently until tender — perhaps for ten minutes. Take the pieces from the syrup, and place them on a large plate to cool. Now put another pint of the apples into the syrup, and cook and cool as before.

When the second pint has been removed from the syrup, cook the third one, with the cover on the stew-pan, until the apples are so soft that the fruit will mash readily. Take from the fire, and put away to cool.

Now prepare the paste for the tartlet. Butter the plate, and roll out a piece of paste large enough to cover it. Then roll out another piece, one-third of an inch thick, and large enough to go around the plate when cut into strips an inch wide. Wet the edge of the paste that is on the plate, and lay the strips upon it. Grate half the nutmeg and half the lemon rind upon the whole quarters of apples, and half upon the mashed apples. Put the latter in the bottom of the pie-plate, and arrange the whole quarters on top of it, putting them close together, and being careful to have the rounded sides up. Put the tartlet into a rather hot oven, and bake it for three-quarters of an hour. When it has been baking for half an hour, put the remaining sugar and water on to boil for fifteen minutes. When the tartlet is taken from the oven, pour over the apples, by means of a spoon, the hot syrup made by boiling the water and sugar together; then return to the oven, and cook five minutes longer. On removing the tartlet from the oven slip it on to a cold plate, and put it away to cool.

This is a very attractive dish, and not much more work is required to make it than to make an apple pie. Each piece of apple in the tartlet should be whole and of a bright rich color. Lemon or cinnamon may be substituted for nutmeg.

* Gooseberry Tart.

For six persons use one quart of gooseberries, one cupful of sugar, a slight grating of nutmeg, one cupful and a half of flour, one-third of a cupful of butter, one teaspoonful of baking-powder, half a teaspoonful of salt, and about one-third of a cupful of cold water.

Mix the baking-powder, salt, and butter lightly with the flour. Add the water gradually, stirring with a knife. When a smooth paste is formed, turn it on to a board that has been sprinkled lightly with flour. Roll the paste down to a thin sheet about one-fourth of an inch thick. Fold it up and roll down again; then put in a cool place until the fruit is ready. If possible, put it on ice.

Free the berries of stems and blossoms; then wash them and put into an oval vegetable-dish, heaping them in the centre. Grate the nutmeg, and sprinkle the sugar over the fruit.

Now roll the paste into the shape of the top of the dish, but somewhat larger, to allow for turning the edges in a little. Cut a small slit in the centre of the paste, and lift it from the board to the dish, being careful to put it on evenly. Turn the edges in a little, and press them against the sides of the dish. Bake in a moderately hot oven for an hour; then set away to cool. At serving-time sprinkle the top of the tart with sugar.

This is delicious without any sauce, but English people usually serve cream or soft custard with it. Currant tarts are made in the same manner.

* Rhubarb Pie.

Put into a chopping-bowl a cupful of sifted flour, a teaspoonful of sugar, one-fourth of a teaspoonful of salt, and four table-spoonfuls of butter, and chop until the ingredients get well mixed; then add a little more than one-eighth of a cupful of cold water, and continue the chopping until a smooth paste is formed. Put away in a cold place until needed later.

Mix a cupful of sugar and a teaspoonful of flour, and afterward add a well-beaten egg and a heaping cupful of chopped rhubarb. Now take a part of the paste which was put away, and roll it rather thin. Use it for lining a deep pie-plate, and turn the rhubarb mixture into the plate. Roll the remainder of the paste thin, and cover the plate with it, pressing together the edges of the paste, — that is, of the covering and lining. Bake in a rather quick oven for forty minutes, reducing the heat after the first ten.

How to Line Plates for Pies.

These directions apply only to squash, pumpkin, and custard pies.

Butter a deep pie-plate. Roll the pastry a little larger than the plate and about one-eighth of an inch thick. Cover the plate with this paste, being careful not to shut in air between the paste and the plate. It is a good plan to lift one side of the paste and lower it slowly, passing the left hand over it from the centre to the edge as it touches the plate. This will force out any air that may have lodged under the paste. Treat both sides in this manner. The paste should hang about half an inch over the edge of the plate. Roll it up until it rests on the edge of the plate, — the rolled part being underneath. There will then be a thick edge all round the plate. Pinch this with the thumb and forefinger until a thin scalloped wall is formed. It is always necessary to build a barrier like this, because plates are not made deep enough for squash, pumpkin, or custard pies.

It is a singular fact that many housekeepers do not know the difference between a pumpkin and squash, and cook both in the same manner. The squash can be prepared in many ways; the pumpkin is desirable only in pies. The squash can be boiled or steamed in half an hour; the pumpkin must be cooked for six hours.

* Squash Pie.

The materials needed for two large pies are five cupfuls of stewed and strained squash, five cupfuls of milk, one table-spoonful of butter, one heaping cupful of sugar, two teaspoonfuls of salt, the grated rind of a lemon, a piece of stick cinnamon about five inches long, four eggs, and about one-third of a nutmeg, grated.

Put the milk into the double-boiler with the stick cinnamon, broken into small pieces, and the lemon rind. Let it cook for half an hour. Add the butter, and then strain the liquor on the squash. Stir constantly while adding the milk. Now add the sugar, salt, and nutmeg, and set away to cool.

Beat the eggs well, and add them to the squash mixture. Fill the plates, and bake in a moderate oven for three-quarters of an hour.

* Pumpkin Pie.

Cut a pumpkin into long strips. Remove the soft pulp and the seeds. Pare the strips, and cut them into small pieces. Wash and measure these pieces, and put them into a stew-pan containing one-fourth as much boiling water as there is pumpkin. Cover, and place on the fire. When it has boiled for ten minutes, set back where it will simmer for six hours. When it has cooked for four hours add one cupful of molasses for every six quarts of the vegetable. Stir frequently, to prevent burning. When done, rub through a sieve, and measure. For two large pies use five cupfuls of the strained pumpkin, one quart of boiling milk, one small cupful of sugar, two teaspoonfuls of salt, one table-spoonful of cinnamon, four eggs, and one-fourth of a nutmeg, grated.

Mix the salt and spice with the pumpkin. Add the boiling milk, a little at a time, stirring all the while. Add the sugar, and set away to cool. When cold, add the eggs, well beaten.

Line two deep plates with plain paste. Pour the mixture into them, and bake in a moderate oven for three-quarters of an hour

It is always best to cook the pumpkin the day before the pies are to be made.

Orange Pie.

For a plate that holds a pint, use the rind of one large orange, and the juice of two large or three small ones, a cupful of water, a cupful of sugar, two level table-spoonfuls of corn-starch, one of powdered sugar, one-eighth of a teaspoonful of salt, and two eggs.

Use four table-spoonfuls of water to mix with the corn-starch, and put the remainder on the stove in a stew-pan. When it boils, stir the mixed corn-starch into it, and cook for three minutes, stirring all the while. Take from the fire at the end of that time, and add the salt, orange rind and juice, and the cupful of sugar. Set away to cool; and when it becomes cold, add the white of one egg, and the yolks of two, all well beaten.

Put two heaping table-spoonfuls of flour into a bowl, and rub into it one heaping table-spoonful of butter, and a quantity of salt about as large as a pea. Add enough cold water — perhaps a level table-spoonful — to make a stiff dough. Sprinkle a moulding-board with flour, and roll the paste very thin. Line the buttered plate with this dough, and pour the orange mixture into the plate. Bake in a moderate oven for thirty-five minutes. At the end of that time beat the reserved white of an egg to a stiff, dry froth, and then beat into it the table-spoonful of powdered sugar. Spread this mixture over the pie, and cook for ten minutes, with the oven door open. Close the door for two minutes (making twelve minutes' cooking of the méringue in all) to give a good color to the froth. Set the pie away to cool before serving.

Lemon Cream Pie.

To make the filling for this pie there must be taken the juice of three lemons and the rind of one, a teaspoonful of butter, a table-spoonful and a half of corn-starch, a large cupful of water, a cupful of granulated sugar, four table-spoonfuls of powdered sugar, and four eggs; and the crust will require three large table-spoonfuls of flour, one large table-spoonful of butter, and some water.

Make the crust by rubbing the butter into the flour, adding cold water enough to make a smooth, stiff paste, and then rolling very thin.

Mix the corn-starch with four table-spoonfuls of the cupful of water. Put the remainder of the water into a saucepan, with the lemon rind and juice and the granulated sugar, and heat to the boiling-point; then stir the corn-starch into the boiling mixture, and cook for two minutes. Stir the butter into the mixture, and set away to cool. When cool, add the yolks of the four eggs, well beaten. Pour the mixture into a large deep plate that has been lined with paste, and bake in a moderate oven for thirty-five minutes. During the last quarter of an hour make a méringue by beating the whites of the eggs to a stiff, dry froth, and gradually beating the powdered eggs into this froth. At the end of the thirty-five minutes cover the pie with the méringue, and bake, with the oven door open, for ten minutes longer.

By following this rule, one gets a very large deep pie. The materials named are sufficient for making two small and rather thin pies.

At serving-time the dish should be as cold as possible.

Orange Cream Pie.

For the cake use a scant half-cupful of butter, two cupfuls of sugar, three cupfuls and a quarter of flour, one of milk, three teaspoonfuls of baking-powder, and three eggs.

Beat the butter to a cream, and gradually beat into it the sugar. Beat the eggs light, and then beat them into the sugar and butter; add the milk, and then the flour and baking-powder, mixed. Spread the mixture in six well-buttered Washington-pie tins, — these shallow plates are also called "jelly-cake tins." Bake in a moderate oven for about eighteen minutes. These six cakes will make three pies. The cake is very tender, and must be handled with care when it is taken from the pans. Let the cakes cool, and then fill them with the cream filling.

Cream for Filling. — The materials are: four medium-sized oranges, one lemon, two cupfuls and a half of water, one cupful of powdered sugar, the yolks of three eggs, three table-spoonfuls of corn-starch, and one table-spoonful of butter.

Into a saucepan put two cupfuls of water and the grated yellow rind of two of the oranges, and place on the fire. Mix the corn-starch with half a cupful of cold water, and stir into the boiling water. Simmer for ten minutes. Beat the sugar and yolks of eggs together, and stir into the boiling mixture. Cook for two minutes longer, stirring all the while. Take from the fire, and add the butter and orange and lemon juice; beat well, and set away to cool. When the mixture is cold, spread it on three of the round cakes, and cover with the other three cakes. These pies may be frosted and decorated with sections of oranges, or they may be served plain.

* Cream Pie.

Beat three eggs very light with the Dover-beater; add to them one cupful and a half of powdered sugar, and beat with a spoon until the entire mixture is creamy. Add one table-spoonful of lemon juice, and beat three minutes longer.

Put two cupfuls of sifted flour into the sieve; mix with it two level teaspoonfuls of baking-powder; add one gill of cold water to the beaten egg and sugar; then sift in the flour and baking-powder, and beat well. Pour a little more than half of this mixture into two buttered deep tin plates. Pour the remainder into a small cake-pan. Bake the part in the plates for twenty minutes, and that in the pan for twenty-five. The two round plates are for the pies, and the sheet of cake may be used in the basket. It improves if kept a day or two.

Split the round cakes, and fill with the prepared cream.

To Make the Cream. — Put three gills of milk into the double-boiler, and place on the fire. Beat together in a bowl three table-spoonfuls of flour, two-thirds of a cupful of sugar, one large egg, and half a salt-spoonful of salt. When this is light and smooth, stir it into the boiling milk. Beat well for two minutes; cover the boiler, and cook the cream for fifteen minutes, stirring frequently. Season with half a teaspoonful of vanilla or lemon extract. Cool and use.

This cream is more delicate if one table-spoonful of flour be omitted and two eggs be used.

Chocolate Cream Pie.

This is made in three parts, — first the cake, then the cream, and finally the icing.

To Make the Cake. — Beat half a cupful of butter to a cream, and gradually beat into it one cupful of powdered sugar. Beat two eggs till light, and then beat them into the sugar and butter. Add half a cupful of milk and two level cupfuls of sifted flour, with which has been mixed a teaspoonful and a half of baking-powder. Beat this mixture quickly and vigorously, and pour into four deep tin plates that have been well buttered. Spread the batter evenly in the plates, and bake in a moderate oven for a quarter of an hour. Carefully remove the cakes from the tins, and put them on earthen plates.

To Make the Cream. — Beat together the yolks of two eggs, one table-spoonful of flour, and two table-spoonfuls of sugar. Put a cupful of milk into a double-boiler, and when it boils, add the beaten mixture and half a saltspoonful of salt. Stir constantly until the mixture becomes smooth; then cover, and cook for fifteen minutes, stirring frequently. On taking from the fire add half a teaspoonful of vanilla extract.

To Make Chocolate Icing. — Mix six table-spoonfuls of grated chocolate and half a cupful of powdered sugar. Beat to a stiff, dry froth the whites of those two eggs whose yolks were used in making the cream, and gradually beat into them a cupful of powdered sugar and a teaspoonful of vanilla extract. Put the mixture of chocolate and sugar into a small frying-pan, and add two table-spoonfuls of water. Stir over a hot fire until smooth and glossy. Beat this cooked mixture into the mixture of egg whites and sugar.

Spread two of the cakes with the cooked cream, and spread a thin layer of chocolate icing over the cream. Place the other two cakes on top of the first two, and spread the remainder of the icing over them. Let the pies stand for at least two hours before serving.

* Washington Pie.

For two pies make the cake the same as for orange cream pies. When the cakes are cold, place one on a plate, spread a thin layer of raspberry or strawberry jam on it; put a second cake on top of this, and spread jam on it; place a third cake on the other two, and sprinkle with powdered sugar. Treat the other three cakes in the same manner. Any cup cake, plain or rich, may be used for Washington pies; and any fruit jam may be substituted for strawberry or raspberry.

Potato Pie.

The materials are a generous pint of mashed potato, two table-spoonfuls of butter, one pint of cream, a gill of port, one gill of sugar, four eggs, about one-fourth of a grated nutmeg, and a scant half-teaspoonful of salt.

Rub the mashed potato through a sieve; add the sugar to it, and then the cream, stirring it in gradually. Next add the butter, melted. Stir in the yolks of the eggs, well beaten, the salt and nutmeg, and then the wine, a little at a time. Last of all, add the whites of the eggs, beaten to a stiff froth. Have two small deep plates lined with puff paste. Pour this preparation into them, and bake half an hour in a moderate oven.

Cream Cheese Tart.

Use one cupful of cottage cheese, half a cupful of sweet cream, two table-spoonfuls of sugar, half a cupful of blanched and chopped almonds, one cupful of currants, and four eggs.

Butter a deep plate, and line it with a very thin sheet of dough made in the manner described for making luncheon rolls in the chapter on "Bread." Beat the cream into the cheese. Beat the sugar and yolks of eggs together, and add the cheese and cream. Beat this mixture for two minutes, and then add the almonds and currants. Last of all add the whites of the eggs, beaten to a stiff froth. Pour into the plate, and bake in a moderate oven for half an hour.

Chantilly Tarts.

These dainty bits of pastry are made of two cupfuls of flour, one of butter, a scant half-cupful of water, about half a cupful of strawberry preserve, a pint of whipped cream, a teaspoonful of salt, a teaspoonful of sugar, and the white of an egg.

Put the flour, butter, sugar, and salt into a chopping-bowl, and chop until the butter is thoroughly mixed with the flour; then add the water, and continue chopping until smooth dough is formed. Sprinkle a moulding-board very lightly with flour, and, placing the dough upon it, pound with a rolling-pin, and roll till thin. Fold the paste, and pound and roll again; and after doing the same operation a third time, set the paste on ice. When it has become thoroughly chilled, roll it down to the thickness of a quarter of an inch, and cut it into circular pieces with a large pattie-cutter or biscuit-cutter. With a smaller tin, cut the centres out of these pieces. Gather up the scraps of paste, and roll very thin, and cut out with the large cutter as many pieces as there are rings of paste. Moisten these pieces with the beaten white of an egg, and place the rings upon them. Bake in a quick oven for twenty minutes, and on removing from the oven, fill with strawberry preserve. At serving-time cover the tarts with whipped cream.

Mince-meat.

Take three pounds of beef from the tenderest part of the round, half a pound of chopped suet, three quarts of pared and chopped apples, three cupfuls of stoned raisins, two cupfuls of dried currants, a quarter of a pound of citron, a cupful of molasses, three of sugar, one table-spoonful of ground mace, four of cinnamon, one of allspice, half a table-spoonful of cloves, three grated nutmegs, two lemons, three table-spoonfuls of salt, five cupfuls of cider, one pint of wine, and a pint of brandy.

Free the beef of fat and skin, and chop it very fine. Chop the apples rather coarse; they should be fine-flavored and tart. Put all the ingredients, except the cider, wine, brandy, and lemons, into a large bowl. Grate the yellow rind of the lemons, and squeeze the juice of the fruit upon the mixture. Mix all thoroughly, and then add the cider. Put the mince-meat into a porcelain kettle, and heat very slowly to the boiling-point; then remove from the fire, and add the wine and brandy. Put into stone jars, and keep until needed. It is well to try the mince-meat by putting a spoonful of it in a small piece of paste and baking it, for the flavor is developed in baking. Tastes differ in regard to seasoning; and while some persons may not think the quantities in this receipt are sufficient, others may think that the flavor is even too strong. If there be objection to brandy or wine, use, instead, an extra pint and a half of cider.

Mince-meat improves with keeping. It should be made at least a fortnight before it is baked in pies, and the pies should be baked for an hour.

* Plain Mince-meat.

Cover four pounds of a round of beef with boiling water, and let it simmer for five hours; then let it cool in the water, and when it is cold, free it of fat and chop quite fine, but not to a powder. There should be a generous quart of the chopped meat. Add to it three quarts of pared and chopped apples, a pint of fine-chopped suet, a quart of stoned and chopped raisins, a quart of English currants, a quart of molasses, three pints of sugar, half a cupful of ground cinnamon, a table-spoonful of cloves, two of allspice, two of mace, six grated nutmegs, half a cupful of salt, and some citron, if you choose.

Mix these ingredients thoroughly with the hands, and then add three quarts of good cider. Let the mince-meat stand over night, and in the morning, after heating it slowly to the boiling-point, and simmering for one hour, turn it into stone jars and set it in a cool, dry place.

If you like you may add wine or brandy when you put the mince-meat away or when making the pies, but it is nice without either. It is an improvement, however, to put a quart of stoned raisins into the mixture at the time it is scalded.

This mince-meat will keep for three months in ordinary stone jars, even if there be no brandy or wine. The crust for the pies should be either puff paste or rich chopped paste. The upper crust should be very thick, and the pies should bake for an hour. Mince pies are always better if baked several days before they are served.

* Cheap Mince-meat.

The materials are: one cupful of chopped cooked meat, two of chopped apple, a half-cupful of chopped raisins, half a cupful of currants, one cupful of cider, half a cupful of molasses, one cupful of the water in which the meat was boiled, two teaspoonfuls of salt, one of cinnamon, one of allspice, a half-teaspoonful of clove, and a half-teaspoonful of nutmeg. The cider may be omitted and the juice and rind of a lemon used instead. Mix all together, and then heat to the boiling-point.

PUDDINGS.

Many housekeepers look upon all dessert in the light of luxuries; others draw the line at dishes that call for eggs. Now, some dessert dish, if properly made, should form a part of every dinner, if no fruit be served. Even with fruit, some people require sugar. When no dessert is provided, a greater quantity of meat and vegetables must be eaten to satisfy the demands of nature. For some this is all right, but for the majority of people a certain amount of sugar and starch is necessary. Children should not be deprived of this kind of food. Even for the poor it is economical to provide a simple dessert.

In arranging for a dinner, plan a light dessert when the rest of the meal is to be substantial. On the other hand, when the main part of the dinner is to be light, let the dessert be hot and substantial. For example, if the first part of the meal consists of cold meat and vegetables, or a hash and one vegetable, serve a hot apple pudding for dessert. A good one can be made of a pint of flour, prepared as for cream-of-tartar biscuit, rolled thin, and filled with pared and quartered apples, then steamed for two hours, and served with molasses or sugar sauce. Or the apples may be put into a stew-pan with a little water and sugar or a little molasses, stewed for a few minutes, covered with the biscuit dough, and cooked for about twenty minutes longer. No sauce will be needed with this pudding. Nothing could be cheaper, and it will be very palatable and wholesome.

Apples may be added to boiled sago or tapioca with a pleasing result. Soak a cupful of either tapioca or sago in three cupfuls of cold water over night; then cook it in a double-boiler for half an hour. Add to the contents of the boiler one cupful of sugar, half a teaspoonful of salt, and two quarts of pared and quartered apples. Bake in a pudding-dish for an hour and a quarter. Cool slightly, and serve with or without sugar and cream or milk. These puddings are so simple that they will not hurt even an invalid.

The simple dishes that can be made of apples are numerous; and as the fruit is so cheap and healthful, it should be used freely through the fall and winter.

Puddings made of milk and rice, tapioca, sago, corn-starch, etc., are healthful and cheap, and, to most tastes, appetizing, when properly cooked. The trouble with almost all simple dishes is that the cook thinks that they are not worth careful treatment; but refined taste shows itself in the simplest operation of cooking as well as in the making of elaborate dishes.

HOT PUDDINGS.

* Hot Farina Pudding.

Use one quart of milk, four heaping table-spoonfuls of farina, and one teaspoonful of salt. Put all the milk but half a cupful on to boil. When it boils, add the farina and salt, mixed with the cold milk. Cook for one hour, stirring frequently, and serve with sugar and milk.

* Corn-starch Pudding.

The materials needed are: one quart of milk, five table-spoonfuls of corn-starch, the yolks of three eggs, and one teaspoonful of salt.

Reserve a cupful of the milk, and put the remainder on the stove in a double-boiler. Mix the cold milk, yolks, corn-starch, and salt, and stir into the boiling milk.

Cook for ten minutes, stirring frequently. Pour into a pudding-dish, and serve with strawberry sauce.

* Reserve half a cupful of milk from a quart, and put the remainder into a double-boiler on the stove. Mix four large table-spoonfuls of corn-starch and a teaspoonful of salt with the half-cupful of milk; stir into the boiling milk, and beat well for two minutes. Cover the boiler, and let the pudding cook for twelve minutes; then pour it into a pudding-dish, and set it in a cool place for half an hour.

At serving-time make the sauce in this way: Beat the whites of two eggs to a stiff, dry froth, and beat into this two table-spoonfuls of powdered sugar; as soon as the sugar is mixed with the whites, add half a large tumbler of currant or any other bright jelly; or any kind of preserved fruit may be used.

Sugar and cream are good and popular accompaniments of corn-starch pudding.

* Rice Caramel Pudding.

For this pudding use one cupful of rice, one quart and two gills of milk, one teaspoonful of salt, two eggs, one stick of cinnamon, and half a cupful of sugar.

Wash the rice in three waters, and soak in cold water for two hours; then drain off all the water, and put the rice in the double-boiler with the milk and cinnamon. Cook for two hours.

Put the sugar into a small frying-pan, and stir until it turns brown and becomes liquid. Instantly pour this liquid into a three-pint mould that has been warmed on the back part of the range. Turn the mould round so as to coat all parts of it with the sugar. The liquid hardens quickly, and the work must be done rapidly, or the sugar will not spread. Now add to the rice the salt and the two eggs, well beaten, and stir well. Pack this mixture in the sugar-lined mould. Cover the mould, and after placing it in a pan of hot water, set it in the oven. Bake for half an hour.

On taking the pudding from the oven, let it stand for ten minutes; then turn out on a flat dish. Serve with a soft custard. The pudding is to be served hot and the sauce cold. Flavor the custard with vanilla.

* Plain Rice Pudding.

Wash half a cupful of rice in three waters, and soak it in cold water for two hours. Drain off the water, and add a level teaspoonful of salt, a slight grating of nutmeg, two table-spoonfuls of sugar, half a cupful of stoned raisins, and one quart of milk. Cook in a very moderate oven for two hours, stirring twice in the first half-hour. At the end of two hours add half a pint of cold milk; stir well, and cook for an hour longer. Serve in the dish in which it is cooked.

* Boiled Rice Pudding.

Wash a cupful of rice in three waters, and, putting it into a double-boiler containing two cupfuls of cold water, cook it for half an hour; then add a quart of milk and a teaspoonful of salt, and cook for two hours longer. Serve with sugar and cream.

When there are children in the family it is a good plan to put a cupful of raisins into the cold water with the rice. The fruit is healthful, and makes the pudding more attractive and toothsome.

* Minute Pudding.

The materials are: one pint of boiling water, a pint and a half of milk, half a pint of sifted flour, one teaspoonful of salt, and two eggs.

Put one pint of the milk in the double-boiler. Mix the flour with the half-pint of cold milk. Beat the eggs light, and add them and the salt to the flour and milk. Now add one pint of boiling water to the hot milk. Take the inner boiler from the water, and place it on the stove. When the milk and water boil up, stir in the mixture of flour, milk, and eggs. Beat well for one minute. Now return the boiler to the water-boiler, and cook for ten minutes, stirring frequently. Serve with lemon or vanilla sauce.

* Bread Pudding.

Soak one pint of stale bread in one quart of cold milk for two hours. At the end of that time mash the bread fine. Beat together three table-spoonfuls of sugar, one teaspoonful of salt, and two eggs. Stir this into the bread and milk. Pour the mixture into an earthen pudding-dish, and bake in a slow oven for three-quarters of an hour. Serve with a vanilla or cream sauce.

* Chocolate Pudding.

For six persons use one quart of milk, one pint of stale bread, four eggs, one ounce of grated chocolate (that made by Walter Baker & Co., Boston, is excellent for such purposes), half a cupful of granulated sugar, three table-spoonfuls of powdered sugar, half a teaspoonful of vanilla extract, and one teaspoonful of salt.

Soak the bread and milk together for two hours; then mash the bread fine by pressing it with a spoon against the side of the bowl. Put the chocolate, three table-spoonfuls of the granulated sugar, and one table-spoonful of boiling water in a small stew-pan, and stir over a hot fire until the liquid becomes smooth and glossy. Now take from the fire, and add a few spoonfuls of bread and milk. Stir until the mixture is thin and smooth; then add it to the bread and milk.

Beat the yolks and one white of the egg with the remainder of the granulated sugar. Add this mixture and the salt to the bread and milk. Pour into a pudding-dish, and bake in a slow oven for forty minutes.

Now beat the three remaining whites to a stiff, dry froth, and with a spoon beat into them three table-spoonfuls of powdered sugar and the vanilla. Spread this méringue over the pudding, and cook for a quarter of an hour longer with the oven door open. Serve with whipped cream.

When it is inconvenient to use cream, the méringue will suffice as a sauce. If a strong flavor of chocolate be liked, use two ounces instead of one. This may be served cold, if so preferred.

* Bride's Pudding.

Put a quart of milk on to heat in a double-boiler. Mix six table-spoonfuls of corn-starch with half a cupful of cold milk, and add the yolks of four eggs and a teaspoonful of salt. Stir this mixture into the quart of boiling milk, and cook for eight minutes, stirring occasionally. Butter a pudding-dish, and pour the mixture into it; but be careful to have a space of two inches from the surface of the mixture to the edge of the dish, for a méringue. Cook in a moderate oven for twenty minutes; then let it stand in a cool place for twenty minutes more.

Beat the whites of the four eggs to a stiff, dry froth, and with a spoon gradually beat into them six table-spoonfuls of powdered sugar. Spread this méringue over the pudding, and cook in the oven, with the door open, for twenty minutes. Serve immediately with cold sauce.

* Prune Pudding.

For this pudding and its sauce there will be required five eggs, seven table-spoonfuls of powdered sugar, a quarter of a pound of prunes, half a teaspoonful of cream-of-tartar, a quarter of a teaspoonful of salt, a pint of milk, and half a teaspoonful of vanilla extract.

Separate the whites of the eggs from the yolks, and put them in a cold place until it is time to use them. Reserve half a cupful of the milk, and put the remainder into the double-boiler and upon the stove. Beat the yolks of the eggs with two table-spoonfuls of sugar and one-eighth of a teaspoonful of salt. Add the cold milk and then the boiling milk, and put the mixture into the double-boiler to cook until it begins to thicken, — say for five minutes, — stirring all the while. As it becomes thick, remove it from the fire and pour into a bowl to cool. Flavor with half a teaspoonful of vanilla extract. This is the sauce.

To make the pudding, wash the prunes carefully, and after just covering them with cold water, cook them slowly for an hour and a half. Take them up at the end of that time, and spread them on a dish to cool; and when they are cold, remove the stones, and cut each prune into three or four pieces.

Beat the whites of the eggs to a stiff froth. Mix five table-spoonfuls of powdered sugar with one-eighth of a teaspoonful of salt and the half-teaspoonful of cream-of-tartar. Beat this mixture lightly into the beaten whites of the eggs. Butter a two-quart pudding-dish slightly, and drop into it about half the mixture. Sprinkle in about half of the prunes; then add almost all the remainder of the mixture and the rest of the prunes, and finish by covering the fruit with the small part of the mixture reserved. Bake in a very moderate oven for twenty-two minutes.

This pudding may be served either hot or cold. If, in making some other dish, you have any whites of eggs left, you may use them for this pudding, and serve it with whipped cream instead of the sauce given above.

* Steamed Roly-poly Pudding.

For six persons use one pint of flour, one teaspoonful and a half of baking-powder, one teaspoonful of sugar, half a teaspoonful of salt, two table-spoonfuls of butter, nearly a small cupful of milk, and three pints of any kind of berries.

Mix the dry ingredients, and rub them through a sieve. Now rub the butter into the mixture. Add the milk, and stir the dough into a smooth ball. Sprinkle the moulding-board with flour; then lay the dough upon it, and roll down to the thickness of one-third of an inch. Spread the berries over the dough, keeping free of berries a space of about an inch at the ends and on one side. Roll up the dough, beginning at the side where the berries reach to the edge. Press together the ends of this roll; then lay the roll in a buttered pan. Cover with a napkin, and place in a steamer over a kettle of boiling water. Steam for two hours. Serve with a hot, rich sauce.

Any kind of fruit may be used for this dessert.

Sponge Roly-poly.

Use one quart of stewed, sweetened, and flavored fruit, three eggs, one cupful of sugar, one of flour, one teaspoonful of baking-powder, and the juice of one lemon.

Mix the baking-powder and flour, and rub the mixture through a sieve. Beat the yolks of the eggs, the sugar, and lemon juice together; then add the whites of the eggs, beaten to a stiff froth, and finally add the flour. Spread the mixture in a large buttered pan, and bake in a rather slow oven for twenty minutes. On taking from the pan, cut off the crusty edges. Now spread the fruit over the cake, and roll up the cake. Serve with hot syrup flavored with fruit juice or wine. Or the pudding may be served with plain or whipped cream. If whipped cream be used, heap it around the pudding.

To Make the Syrup. — Boil one cupful of sugar with one of water for twenty minutes; then add the flavor, which may be five table-spoonfuls of wine, or the juice and rind of one lemon, or the juice and rind of two oranges, or half a cupful of strawberry or raspberry juice. Any of these flavors will go well with almost any fruit.

* Boiled Cherry Pudding.

This is made of two quarts of stoned cherries, three eggs, one pint and a half of stale bread, one pint of milk, one pint of flour, one teaspoonful of salt, two of baking-powder, one table-spoonful of sugar, and one-fourth of a nutmeg.

Soak the bread in the milk for an hour. Mix the sugar, salt, and baking-powder with the flour, and after grating the nutmeg over the mixture, sift all into the bowl containing the bread and milk. Now add the eggs, well beaten, and finally the cherries.

Dip the pudding-cloth in boiling water, and then spread it in a deep pudding-dish. Dredge it well with flour, and then pour the batter upon it. Draw the cloth together, and tie it tight. Have a tin plate at the bottom of a large pot that is half filled with boiling water. Drop the pudding into this pot, and boil it constantly for two hours. If the water boils away, add boiling water from the tea-kettle.

When the pudding is done, lift it from the pot and plunge it into cold water, removing it immediately; then open the cloth and turn out the pudding. Serve at once with hot rich sauce.

The pudding may be steamed, if convenient. In this case butter the pudding-tin thoroughly, and allow space for the pudding to increase one-third in size. Steam for two hours and a half.

Stoning the cherries may rob them of some of their flavor, and the stoning is not absolutely necessary.

Peach-and-Rice Pudding.

The materials needed are: half a cupful of rice, two cupfuls and a half of milk, one cupful of sugar, two of water, a dozen large peaches, and a scant half-teaspoonful of salt.

Wash the rice, and soak it for two hours in cold water; then drain off the water, and put the rice and milk in the double-boiler, to cook for two hours. At the end of that time stir in the salt, and cook for half an hour longer.

When the rice has been cooking for an hour and a half, put the peaches in a wire basket and plunge them into boiling water for two minutes. On taking them out, rub off the skins, and cut the fruit in halves.

Break six of the peach stones, and, putting them in a stew-pan with the sugar and water, simmer for half an hour. Now take out the stones, and put the fruit in the syrup. Simmer for a quarter of an hour. Take up the rice, when the quarter-hour has passed, and spread half of it on a flat dish, having the layer about half an inch thick. Save fifteen of the best halves of the peaches, and spread four of the remaining pieces on the rice. Put another layer of rice on top of the fruit, having the mound taper. On top of this layer put four more pieces of peach, and then cover with the remaining rice, which should be heaped to a point at the top. Cap with half a peach. Arrange the fifteen reserved pieces around the base of the mound. Pour the syrup into a sauce-boat, and serve it with the pudding. The juice of an orange, two table-spoonfuls of wine, or one table-spoonful of maraschino may be added to the syrup.

Another way of serving this dish is to pour the syrup over the peaches as they are arranged on the rice, and serve cream with the pudding.

This may be served cold, if so preferred.

* Peach-and-Tapioca Pudding.

For this pudding there will be required one can of peaches, a generous half-pint of tapioca, three-fourths of a cupful of sugar, half a teaspoonful of salt, and one quart of water.

Soak the tapioca over night in the cold water. In the morning turn it, with the water, into a double-boiler, and cook for one hour. On removing from the stove, add the salt, sugar, and juice of the peaches, and stir thoroughly. Pour a layer of the mixture into a well-buttered pudding-dish; then lay in the peaches, and pour over the fruit the remainder of the tapioca. Bake in a moderately hot oven for one hour. Cool it a little, and serve with sugar and cream.

* Boiled Sago or Tapioca Pudding.

Wash a cupful of sago or tapioca, and soak it over night in two cupfuls of cold water. In the morning pour off the water, and put the tapioca into the double-boiler. Add a generous quart of milk and one teaspoonful of salt. Cook for an hour, and serve with sugar and cream.

* Steamed Berry Pudding.

To make enough pudding for six or eight persons one requires a pint of milk, a pint and a half of flour, a pint and a half of blueberries or blackberries, half a teaspoonful of salt, two level teaspoonfuls of baking-powder, and an egg.

Mix the salt and baking-powder with the flour, and rub through a sieve. Add the milk, the egg, well beaten, and then the berries. Pour the batter into a buttered tin mould or basin, — one that will hold more than two quarts, — and steam for two hours. Serve with hard sauce or any rich liquid sauce.

* Blueberry Pudding.

For six persons use one quart of berries, one quart of milk, a pint and a half of stale bread, two eggs, one teaspoonful of salt, one-quarter of a nutmeg, grated, and four table-spoonfuls of sugar.

Soak the bread and milk for two hours; then break up the bread with a spoon. Beat the eggs, salt, sugar, and nutmeg together. Add this mixture to the bread and milk. Stir well, and then add the berries. Turn into a pudding-dish, and bake in a slow oven for fifty minutes. Serve with a creamy or foaming sauce.

* Baked Berry Pudding.

The materials needed are: two cupfuls and a half of flour, one cupful of milk, half a cupful of sugar, two table-spoonfuls of butter, two heaping teaspoonfuls of baking-powder, the whites of three eggs, and one quart of berries, — blueberries or blackberries.

Rub the butter and sugar together. Beat the whites of the eggs to a stiff froth. Mix the flour and baking-powder. Add the milk to the sugar and butter; then stir in the flour, and add the beaten whites; finally add the berries. Pour into a buttered pudding-dish that will hold nearly three quarts. Bake in a moderate oven for three-quarters of an hour, and serve with a hot sauce.

By some people the addition of a little nutmeg may be considered as an improvement.

* Batter Berry Pudding.

This is not so rich a pudding as that just described, but it is very nice. It is made of a pint of milk, one pint and a half of flour, a quart of berries, four eggs, half a teaspoonful of salt, and about a quarter of a nutmeg, grated.

Beat the whites of the eggs to a stiff froth; then add the yolks, and beat for a minute longer. Add the milk to this mixture, and gradually pour the liquid upon the flour. Add the salt and nutmeg, and beat vigorously. Add the berries, and after pouring the batter into a buttered pudding-dish, bake for an hour in a moderate oven. This pudding must be served as soon as it is taken from the oven. A rich sauce should be provided with it.

* Steamed Black Pudding.

Boil together slowly for fifteen minutes a quart of blueberries, a pint of water, and half a pint of sugar. Meanwhile cut a small loaf of baker's bread in thin slices, and butter these lightly. Put a layer of the bread into a deep pudding-dish, and cover it with some of the hot berries; and continue making layers until all the materials have been used. The last layer should be of berries. Steam for one hour and a half, and serve with hot sauce.

Blackberries may be substituted for blueberries.

* Medford Berry Pudding.

Use one quart of blueberries, one cupful of molasses, two of flour, one teaspoonful of soda, two table-spoonfuls of water, and half a teaspoonful of salt.

Dissolve the soda in the water, and stir this liquid and the salt into the molasses. Mix the flour and berries, and stir into the molasses. Turn the mixture into a buttered tin pudding-mould, and steam for three hours and a half. Serve with a cold sauce or any hot liquid sauce.

Any kind of berries may be used with this pudding, and when berries are not in season, two quarts of apples, pared, and chopped fine, may be substituted.

* Baked Apple Pudding.

Put into a chopping-tray a quart of flour, a cupful of butter, a teaspoonful of salt, and a table-spoonful of sugar, and chop lightly, in a cool place. When the butter and flour have become well mixed, add a little more than half a cupful of ice-water. Mix the ingredients lightly, and place in the ice-chest until the time for completing the work. The paste may be used at once, but will be better if first chilled. The hands must not touch it during the making, and care must be taken to prevent the butter and flour from becoming warm or sticky during the chopping.

Butter a deep earthen dish that will hold about three quarts, and line the sides with strips of the paste. Now fill the dish with pared and quartered apples. Sprinkle a cupful of sugar and grate half a nutmeg over the fruit, and pour a cupful of cold water over it. A table-spoonful of cinnamon and two of butter may be added, if you choose. Roll the remaining paste into a round sheet large enough to cover the dish. Place this carefully over the dish, pressing the edges against the lining at the sides. Bake the pudding slowly for three hours, and serve with sugar and cream.

* Steamed Apple Pudding.

This is the list of ingredients: one quart of flour, two heaping teaspoonfuls of baking-powder, one teaspoonful of salt, three table-spoonfuls of butter, one of sugar, a scant pint of milk, two quarts of pared and quartered apples, and a slight grating of nutmeg.

Mix the flour, salt, baking-powder, and one table-spoonful of the sugar, and rub through a sieve. Now rub the butter into the mixture, and then wet the mixture with the milk. Butter a mould that holds about three quarts. Roll rather thin enough of the dough to cover the bottom and sides of the mould. Lay the apples in the mould, and after sprinkling them with the two remaining spoonfuls of sugar, grate over them about one-third of a nutmeg.

Now roll the rest of the dough into a piece large enough to cover the top of the mould, bringing the edges of the paste together. Butter well the cover of the mould and put it in its place. Steam the pudding for two hours and a half; then turn out on a dish and serve with a sauce made as follows:—

Sauce.—Use one cupful of sugar, one of water, two table-spoonfuls of butter, one of corn-starch, the grated rind and the juice of one lemon, and one-third of a nutmeg, grated.

Mix the corn-starch with two table-spoonfuls of the cupful of water, and put the rest of the water on the stove in a small stew-pan. When the water begins to boil, stir in the corn-starch, and continue the boiling for ten minutes; then add the sugar, lemon, and nutmeg, and simmer for fifteen minutes. Add the butter at the end of that time, and cook five minutes longer.

* Rolled Apple Pudding.

In making this pudding there must be taken a pint of unsifted flour, three pints of pared and chopped apples, one cupful of sugar, four table-spoonfuls of butter, about a quarter of a nutmeg, two teaspoonfuls of baking-powder, half a teaspoonful of salt, and one cupful of milk.

Mix well in a sieve, and then rub through it, the flour, salt, baking-powder, and two table-spoonfuls of the sugar. Rub a table-spoonful of butter into this mixture, and then stir in the milk. When a smooth dough has been formed, sprinkle a moulding-board lightly with flour and turn the ball of dough upon it. Roll down to the thickness of about a quarter of an inch. Spread two table-spoonfuls of butter on the dough, and sprinkle one-third of a cupful of sugar over it. Now spread the chopped apple upon the dough; and after grating the nutmeg over it, sprinkle it with the remainder of the sugar. Roll up the same as jelly cake, and cut into pieces about an inch and a half long. Spread the remaining table-spoonful of butter on the bottom of a cake-pan. Place the pieces of the roll on end in the pan, and bake for half an hour in a moderate oven. Serve with lemon sauce.

* Layer Apple Pudding.

To make this pudding one needs two quarts of sliced apples, one cupful and a half of sugar, half a cupful of water, three table-spoonfuls of butter, one-third of a nutmeg, and seven large slices of stale bread.

Soften the butter, that it may be easily spread. Soak the bread in cold water until it is soft; one minute probably will be sufficient time if the slices be stale and light. Set out a pudding-dish that holds about three quarts. Butter the bread, and put a layer on the bottom of the dish. Spread upon it half of the apple, and sprinkle the fruit with half of the sugar and nutmeg. Now make a second layer of bread, and cover it with the remaining apple, — sprinkling with sugar and nutmeg, as before. Pour the water into the dish by spoonfuls. Cover with a large plate, and bake in a slow oven for two hours and a half.

This may be served hot or cold. Cream is a fit accompaniment.

* Canadian Apple Pudding.

This is a simple pudding, being made of a pint of flour, a cupful of milk, one egg, three table-spoonfuls of butter, one table-spoonful of baking-powder, one cupful of sugar, half a cupful of water, two quarts of pared and quartered apples, half a teaspoonful of salt, and about one-fifth of a nutmeg.

Put the apples, sugar, — reserving two table-spoonfuls, however, — nutmeg, and water into a deep pudding-dish. Place in a moderate oven for twenty minutes. Mix well in a sieve, and then rub through it, the flour, baking-powder, salt, and the two table-spoonfuls of sugar. Add the milk and the eggs, well beaten, and stir with a spoon until a smooth dough is formed; then add the butter, melted. Remove the dish from the oven, and spread the batter on top of the apples. Return the pudding to the oven, and after increasing the heat, bake for twenty minutes. At serving-time turn the pudding out on a flat dish, having the crust underneath and the apple on top. Or the pudding may be served with the crust on top, in the dish in which it was baked. Serve with nutmeg or lemon sauce.

* Stewed Apple Pudding.

The materials needed are: two quarts of pared and quartered tart apples, half a pint of water, a slight grating of nutmeg, one pint of flour, two scant teaspoonfuls of baking-powder, half a teaspoonful of salt, one teaspoonful of sugar, and a scant teacupful of milk.

Put the apples, water, and nutmeg in a large flat-bottomed stew-pan, and place on the fire, to heat slowly. Mix the dry ingredients with the flour, and rub through a sieve. Stir the milk into this mixture, and mix quickly. See that the apples are boiling; then roll the dough down to the size of the cover of the stew-pan. Lay this over the boiling apples. Cover the pan closely, and draw it back where the contents will not boil quite so hard. Cook for twenty-five minutes. Slip a broad skimmer under the cooked crust, and lift it quickly to a dish. Pour the apple into a large dish, and place the crust on top. Serve with molasses sauce. If, however, molasses sauce be not liked, use any sweet sauce you please.

For a change, add a table-spoonful of butter and a cupful of sugar to the apples when they are put on to cook. In this case serve cream instead of sauce with the pudding.

* Baked Apple Dumplings.

For eight dumplings use the same number of large tart apples, three cupfuls of flour, one cupful of butter, the juice of one lemon, two table-spoonfuls of sugar, about half a cupful of cold water, a level teaspoonful of salt, and a piece of soda about the size of a pea.

Put the flour, salt, sugar, and butter in the chopping-tray, and chop until the butter is cut into bits about the size of a bean. Be rather scant in the measurement of the water. Dissolve the soda in it; then add the lemon juice, and pour the liquid upon the mixture in the chopping-tray, chopping and mixing all the time. When the mixture becomes a smooth paste, sprinkle the moulding-board lightly with flour, and turn the paste from the tray upon the board. Roll it down to the thickness of about half an inch; then fold, and roll again, using as little flour as possible. Now put in a cold place, — if possible, on ice.

Pare and core the apples. Grate a little nutmeg in the centre of each apple. Now cut off one-eighth of the paste, and roll it into a round large enough to cover an apple. Place an apple in the centre of this paste; then gather up the edges and press them together. Cover all the apples in this manner.

Butter the bottom of a shallow cake-pan, and place the dumplings in it, having the side where the paste was drawn together come underneath. Bake in a moderate oven for forty minutes. Serve with lemon cream sauce.

* Apple Custard Pudding.

The materials needed are: a quart of pared and quartered apples, two cupfuls of grated bread crumbs, a generous half-cupful of sugar, two table-spoonfuls of flour, two of butter, two eggs, a lemon, and half a cupful of water.

Put the apples and water into a stew-pan, and cook until the apples will mash easily; then remove from the fire, and add the sugar, butter, and the juice and grated rind of the lemon. Mix the flour with the bread crumbs, and stir into the mixture. Beat the eggs until they are light, and add them to the other ingredients. Turn into a buttered pudding-dish, and bake in a moderate oven for three-quarters of an hour. Serve with hard sauce or with sugar and cream.

* Apple Duff.

Pare and quarter a dozen large tart apples, and put them into a kettle with a cupful of molasses, — or sugar, if you prefer, — two table-spoonfuls of butter, one table-spoonful of cinnamon, and a pint of water. Heat to the boiling-point, and meanwhile make a paste with a pint of flour, a teaspoonful of cream-of-tartar, half a teaspoonful of soda, a teaspoonful of sugar, half a teaspoonful of salt, and a small cupful of milk. Mix the dry ingredients, and rub them through a sieve. Stir the milk into the mixture, and (using a spoon) stir the dough into the form of a smooth ball. This work must be done rapidly. After sprinkling the bread-board with flour, turn the dough upon it, and roll down to a size just large enough to fit into the kettle containing the apples. When the contents of this kettle begin to boil, put in the paste. Cover tightly, and boil gently for twenty minutes. At the end of that time remove the paste with a broad skimmer. Pour the stewed apple into a large dish, and lay the paste over it.

* Apple-and-Rice Pudding.

Put a teaspoonful of salt into two generous cupfuls of water, and boil a cupful of rice in the water for a quarter of an hour. Butter a pudding-cloth, and spread the rice on it. Put two quarts of pared and quartered apples in the centre of the rice. Gather up the ends of the pudding-cloth, and tie them tightly. Plunge the pudding into a kettle of boiling water. Cook for an hour, and serve with hot molasses or sugar sauce.

* Apple-and-Bread Pudding.

Another apple pudding can be made by dipping eight thick slices of stale bread in cold water; buttering them; lining the sides of a buttered two-quart dish with the bread; filling the dish with sliced apples; sprinkling a cupful of sugar, one teaspoonful of ground cinnamon, and half a cupful of water into the dish; covering the dish with a large plate, and baking in a very moderate oven for three hours. Let it cool for half an hour; then turn out on a warm dish, and serve with sugar and cream.

* Brown Betty Pudding.

Take for this pudding a cupful of grated bread crumbs, two cupfuls of fine-chopped tart apples, half a cupful of brown sugar, a teaspoonful of cinnamon, and one tablespoonful of butter, cut into bits.

Butter a deep pudding-dish, and put a layer of apples on the bottom; then sprinkle with sugar, cinnamon, and butter, and cover with bread crumbs. Put in another layer of apple, and proceed as before until all the ingredients have been used, having a layer of crumbs last. Cover the dish, and bake for three-quarters of an hour in a moderate oven; then remove the cover, and brown the top of the pudding. Pin a napkin around the dish. Serve with sugar and cream.

Brown Cap Pudding.

For a pudding sufficiently large for six persons use these materials: one quart of milk, four eggs, half a cupful of flour, one-fourth of a teaspoonful of salt, and half a teaspoonful of baking-powder.

Beat the yolks of the eggs until light, and add to them half a cupful of the milk. Pour this mixture on the flour, and beat to a smooth paste. Now add the remainder of the milk, and the salt. Beat the whites of the eggs to a stiff froth, and add them also. Sift the baking-powder over the mixture, and then beat thoroughly. Pour the batter into a buttered dish that holds about two quarts, and bake in a moderate oven for an hour. Serve with brown cap sauce.

Sponge Batter Pudding.

This is a delicate pudding, especially nice when accompanied with cream sauce. Put half a pint of milk on to heat in a double-boiler, and meanwhile mix another half-pint with a generous half-cupful of flour, making a smooth paste. Put this paste into the kettle when the clear milk begins to boil, and stir the mixture until it is smooth; then cook for four minutes, and remove from the fire. Add three level table-spoonfuls of butter, a quarter of a cupful of sugar, and the beaten yolks of three eggs, and let the pudding cool slightly. Beat the whites of the three eggs to a stiff froth, and add to the mixture. Carefully butter a pudding-dish holding about five pints, and pour the mixture into it. Set into a large pan, and pour about it hot water enough to come half-way up the sides of the dish. Bake in a quick oven for half an hour, and serve without delay.

Steamed Batter Pudding.

This requires a pint of milk, a cupful of flour, four eggs, and half a teaspoonful of salt.

The first step is to butter a plain tin mould that can be closely covered. It is well to use a melon mould, if you have one. Next fill a pot with boiling water, and set a steamer over it. Beat the eggs till very light, and add the milk to them. After sprinkling the flour with the salt, pour half of this egg mixture upon it; and after beating until smooth and light, pour upon it the remainder of the egg mixture. Pour the batter into the buttered mould, and after covering the mould, set it in the steamer. Cook the pudding for one hour and ten minutes, and after gently turning out upon a warm dish, serve with foaming or creamy sauce, or any other rich sauce.

* Cottage Pudding.

After rubbing together a cupful of sugar and a table-spoonful of butter, add two eggs; and after beating the mixture until light, add a cupful of milk. Mix well in a sieve a pint of sifted flour and three teaspoonfuls of baking-powder, and rub through the sieve so that this mixture shall fall upon that already made. Beat quickly, and pour the batter into one large pudding-dish, or two small ones. Sprinkle with sugar. Bake in a moderate oven for forty minutes, if there be only one dish, or thirty, if there be two. Serve hot with lemon sauce or any sweet sauce.

* Steamed Cottage Pudding.

For six or eight persons use two cupfuls of sifted flour, one cupful of milk, one cupful of sugar, two eggs, one table-spoonful of melted butter, two teaspoonfuls of baking-powder, and one-fourth of a nutmeg, grated.

Mix the butter and sugar; then add the unbeaten eggs, and beat the mixture until it becomes light. Now add the nutmeg and milk, and finally the flour, in which the baking-powder has been mixed. Pour this batter into a well-buttered two-quart mould. Have the inside of the cover also buttered, and place the cover on the mould. Set in a steamer over a pot of boiling water, and cook for an hour and a quarter. Turn out on a warm dish, and serve with strawberry sauce.

* Graham Pudding.

For this pudding one needs a cupful and a half of graham, one cupful of milk, half a cupful of molasses, one cupful of chopped raisins, half a teaspoonful of salt, and one teaspoonful of soda.

Sift the graham in order to make it light, but return the bran to the sifted mixture. Dissolve the soda in one table-spoonful of the milk, and add the remainder of the milk, the molasses, and the salt. Pour this mixture upon the graham, and beat well. Add the raisins, and pour the pudding into a two-quart pan. Steam for four hours; then turn out and serve with golden sauce.

* Feather Pudding.

The materials used are: two level table-spoonfuls of butter, three eggs, one cupful of sugar, two scant cupfuls of sifted flour, half a cupful of milk, two teaspoonfuls of baking-powder, and one teaspoonful of vanilla.

Beat the sugar, butter, and yolks of the eggs until light; then add the whites, beaten to a stiff froth, and afterward the flour and milk. Mix the sifted flour and the baking-powder, and sift into the bowl containing the other ingredients. Beat thoroughly and quickly, and pour into a buttered deep round pan that will hold about three quarts. Bake in a moderate oven for forty minutes. When done, turn out on a large plate or dish, and serve with chocolate sauce.

* Sponge Pudding.

After beating three eggs until very light, add to them a cupful and a half of sugar, and beat again with a spoon until light and frothy; then add the juice of a lemon (half the grated rind, too, if you like a strong flavor), and half a cupful of cold water. Mix two cupfuls of sifted flour with a teaspoonful and a half of baking-powder, and stir into the first mixture. Beat quickly and well. Bake in two deep round pans for half an hour, and serve with vanilla or lemon sauce or any other liquid sauce.

If new-process flour be used, your measure of flour must be rather scant.

German Puffs.

These are very nice for dessert. To make them one must take half a cupful of butter, one cupful of milk, two cupfuls of flour, one cupful of granulated sugar, one cupful of powdered sugar, three eggs, half a teaspoonful of soda, one teaspoonful of cream-of-tartar, and the rind and juice of two oranges.

After grating the rind of the oranges very lightly, squeeze the juice upon it. Set away until the time for making a sauce for the puffs.

Beat the butter to a cream, and gradually beat into it the granulated sugar. When the mixture is light and creamy, add the unbeaten yolks of the eggs. Beat vigorously; then add the milk and finally the flour, with the soda and cream-of-tartar mixed with it. Bake for twenty minutes in well-buttered muffin-pans.

Meanwhile make the sauce. Beat the whites of the three eggs to a stiff, dry froth, and gradually beat into this froth the powdered sugar. Add the orange juice and rind, and the work will be completed.

Turn the puffs out on a flat dish, and pour the sauce over them. Serve immediately. If you prefer, a lemon may be substituted for the two oranges. It must, of course, be treated like them.

Queen Puffs.

These are made of two cupfuls of sifted flour, one cupful of water, half a cupful of butter, two table-spoonfuls of sugar, six eggs, and the grated rind of a lemon.

Put the butter, sugar, water, and lemon rind on the fire in a large saucepan. When these ingredients begin to boil, add the flour, and stir vigorously until the mixture is smooth and soft to the touch. About three minutes' stirring will be needed. On taking from the fire, turn into a large bowl and set away to cool. When the mixture becomes cool, break the eggs into a bowl. Add half the eggs to the cooked mixture, and beat with the hand. When the two parts get well mixed, add the remainder of the eggs, and beat for fifteen or twenty minutes.

Butter a large baking-pan lightly. Drop the dough into the pan by table-spoonfuls, having the spoonfuls about an inch apart. Bake the puffs in a quick oven for half an hour. Serve hot with strawberry sauce or any clear sauce.

Snowballs.

Snowballs are made of three eggs, one cupful of sugar, one scant cupful of sifted flour, one teaspoonful and a half of baking-powder, three table-spoonfuls of water, the grated yellow rind of one lemon, and two table-spoonfuls of lemon juice.

Beat the sugar and yolks of the eggs together until light, and beat the whites to a stiff froth in another bowl. Now beat the water, lemon rind, and juice into the yolks and sugar; then add the beaten whites, and finally the flour and baking-powder, mixed. Stir quickly and well. Pour this batter into fifteen little stone or earthen cups that have been well buttered, and cook in a steamer for half an hour. Have three table-spoonfuls of powdered sugar on a plate, and when the snowballs are done, turn them out of the cups upon this plate, and roll them in the sugar. Serve at once with hot clear wine sauce.

* Baked Indian Pudding.

Pour a quart of boiling milk gradually upon a cupful of Indian meal, and beat the mixture until it is perfectly smooth; then put it into the double-boiler and cook for half an hour, stirring frequently. Remove from the fire, and add three-fourths of a cupful of molasses, two table-spoonfuls of butter, one quart of cold milk, one teaspoonful of salt, and one well-beaten egg. Pour the pudding into a deep earthen dish, and bake slowly for four hours. Serve with or without cream; at any rate, serve hot. It is especially nice served with vanilla ice-cream.

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* For this pudding use three quarts and a pint of milk, a generous half-teacupful of butter, three table-spoonfuls of Indian meal, one cupful and a half of molasses, one table-spoonful of ginger, one teaspoonful of cinnamon, and one teaspoonful of salt.

Scald one pint of the milk. Wet the meal with a little cold milk. Stir the boiling milk into it. Add the butter, molasses, salt, and spice. Pour this into a large dish, and put it into the oven. As soon as the pudding begins to thicken, stir in thoroughly one quart of cold milk. Add the other two quarts, a pint at a time, when the pudding thickens and becomes crusted, and stir all up from the bottom each time. Bake from four to six hours. Serve with maple sugar dissolved in cream, or with hard sauce. — *Rose Terry Cooke.*

Brown Pudding.

Use for this pudding a cupful of milk, one of molasses, one of fine-chopped suet, three cupfuls and a quarter of flour, one teaspoonful of soda, half a teaspoonful of salt, the rind and juice of a lemon, one table-spoonful of cinnamon, and half a teaspoonful of clove.

Mix the molasses, suet, lemon, and spice. Dissolve the soda in the milk, and add to the mixture. Stir well, and then add the flour. When the mixture has been beaten well, turn it into well-buttered moulds, and steam for five hours. With the ingredients mentioned above, a three-quart mould may be filled; but if the family be not a large one, it will be well to steam the pudding in two moulds, using the contents of one on the first day and those of the second mould five or six days later; or half the mixture may be put into a small mould, and to the remainder may be added half a cupful of currants, thus giving a rich fruit-pudding later in the week. These puddings are always better the second than the first day. Brown-bread tins are good moulds in which to steam them, if there be no regular pudding-moulds in the house. A rich wine or a lemon sauce should be served with the pudding.

* Quaking Pudding.

The materials required are: a quart of milk, six eggs, two table-spoonfuls of butter, one quart of stale bread, cut in very thin slices, half a cupful of dried currants, one pint of stoned raisins, half a teaspoonful of salt, three table-spoonfuls of sugar, and one-fourth of a nutmeg, grated.

Measure the bread after it has been cut, and pack it rather solidly in a quart measure. Butter a three-quart mould very thoroughly, and after sprinkling the bottom and sides with the currants, lay the bread in the mould in layers, sprinkling raisins over each layer. Beat together the eggs, sugar, salt, and nutmeg; then add the milk. Pour this mixture over that in the mould. Set away in a cold place for three hours, and at the end of that time set the pudding in a steamer, and cook it for an hour and a quarter. At serving-time turn out on a flat dish, and serve with a vanilla or rich wine sauce.

This pudding can be made with four eggs, and the currants may be omitted.

Delicate Plum Pudding.

A pudding for eight or ten persons will require a cupful and a half of powdered crackers, two pints and a half of milk, one generous cupful of sugar, half a cupful of molasses, two table-spoonfuls of butter, one cupful of stoned raisins, one-third of a nutmeg, grated, and six eggs.

Heat the milk to the boiling-point, and pour it on the crackers. Add the butter, and set away to cool. When the mixture is cold, add the eggs, well beaten, and the other ingredients. Butter a pudding-dish that will hold about two quarts. Pour the mixture into the dish, and place in a moderate oven.

When the pudding has been cooking for half an hour, draw it to the front of the oven and stir it well, being careful to distribute the raisins (which will have settled to the bottom) through the pudding. Move the dish back into the oven, and bake for an hour and a half longer. The heat in the oven must be very moderate or the pudding will burn. Serve with a creamy sauce.

Plum Pudding.

For this pudding there will be required three-quarters of a pound of suet, chopped fine, one pound of sugar, one pound of grated stale bread, one pound of stoned raisins, one pound of currants, half a pint of milk, a gill of brandy, a nutmeg, half a teaspoonful of cinnamon, half a teaspoonful of mace, the rind and juice of a lemon, a teaspoonful of salt, and nine eggs.

Mix all the ingredients except the eggs, which should be beaten until light, and then added. Carefully butter two two-quart melon moulds, and pour the mixture into them. Steam for five hours. At serving-time turn out on a flat dish, and pour half a gill of brandy or rum over the puddings. Stick a twig of holly into the top of each, and as the dishes are on the way to the table, say just at the dining-room door, set fire to the liquor, so that the puddings may be brought in blazing. Serve with brandy sauce.

This kind of pudding may be made several weeks before using. If it be made in advance, it should be steamed for an hour and a half on the day on which it is to form a part of the dinner.

French Pancakes.

The ingredients of these cakes are: eight eggs, one pint of milk, half a pint of flour, one teaspoonful of salt, one table-spoonful of melted butter, two table-spoonfuls of sugar, and the grated yellow rind of a lemon.

Put in a bowl the flour, sugar, salt, and grated rind. Separate the yolks of the eggs from the whites, and beat the latter to a stiff froth. Now add the yolks, and beat for a minute longer. Add the milk to the eggs. Next pour about one-third of this mixture on the flour and other ingredients, and beat until light and smooth; then add the remainder of the egg-and-milk mixture. Finally, add the melted butter.

Heat and butter a frying-pan, and pour into it a thin layer of the batter. Cook until a rich brown on one side; then spread over the cake a teaspoonful of melted currant jelly. Roll up the cake, and turn it out on a hot dish. Cook six cakes in this manner, and send them to the table. Continue cooking and serving until all the batter is used.

The fire must be very bright to get perfect pancakes. Any kind of jelly may be used; or a light sprinkling of sugar and nutmeg may be substituted for jelly. These pancakes may be served as an entrée or for dessert.

German Fritters.

Use some stale brioche (see chapter entitled "Special Articles"), cut in strips three inches long, one inch wide, and half an inch thick. With one dozen such pieces use also a cupful of sugar, a cupful of water, the grated rind of one orange and the juice of two, two eggs, and some fine bread crumbs.

Boil the sugar, grated orange rind, and water together for ten minutes; then add the orange juice. Pour this syrup, by spoonfuls, over the strips of brioche. When all of it has been absorbed, beat the eggs in a soup-plate. Dip the strips of brioche in the egg, and then roll them in bread crumbs. Fry in fat for two minutes; then drain, and serve very hot.

The syrup may be flavored with any fruit or spice one likes, or a gill of wine may be added to it.

Stale sponge cake may be used instead of brioche, but great care must be taken to prevent it from breaking after being soaked in the syrup.

Peach Fritters à la Dauphine.

Roll some brioche paste about one-eighth of an inch thick. Cut it into rounds with a plain or fluted cutter. Put a teaspoonful of peach marmalade in the centre of half the rounds. Wet the edges with the white of an egg, beaten slightly. Put another round on top of this, and press the edges together. When all are done, cover them with a towel, and let them stand for ten or fifteen minutes; then place them in a frying-basket, being careful not to crowd them, and fry in fat for four minutes. Drain them, and serve hot with a syrup flavored with fruit, wine, or spice.

Any kind of marmalade may be used, the fritters taking the name of the fruit used.

Portuguese Fritters.

The materials needed are: half a cupful of rice, two cupfuls of milk, two table-spoonfuls of sugar, half a teaspoonful of salt, one stick of cinnamon, one table-spoonful of butter, six table-spoonfuls of orange marmalade, three eggs, and the batter for fruit fritters described in the chapter on "Entrées."

Wash the rice, and then soak it in cold water for an hour. Pour off the water, and put the rice, cinnamon, and milk in the double-boiler. Place on the fire, and cook for an hour and a half. At the end of that time take out the cinnamon, and add the salt, butter, and marmalade. Beat the eggs till light, and stir them into the dish. Butter a shallow cake-pan, and spread the mixture in it, having it about half an inch thick. Put in a cold place for an hour or more.

Make the fritter batter. Cut the rice mixture into three-and-a-half-inch squares, and cut each square into two triangles. Dip these in the batter, and fry for three minutes in boiling fat. Drain on brown paper, and arrange on a warm dish. Sprinkle them with cinnamon sugar, — six table-spoonfuls of sugar and one of ground cinnamon. Hold a hot salamander over them to dissolve the sugar, and serve at once.

SOUFFLÉS.

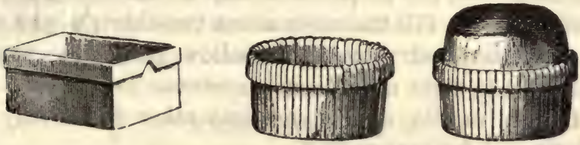
Great accuracy and care are required in preparing soufflés. The materials to combine are so few and the work so simple that the inexperienced wonder that soufflés are not made more frequently, and that there ever should be a failure. The truth is, the margin upon which success or failure rests is so slight that it takes the most careful use of materials and the most exact time for cooking to bring about the desired result. If the soufflé cooks one minute too long, or is not served immediately after it is taken from the oven, it will be ruined. An omelet soufflé is more sensitive to over-cooking and delay in serving than a soufflé made with a foundation. It will rise to two or three times its original size; and if, when it is done, it be taken instantly from the oven and served at once, it will be found of the most delicate texture and flavor. But let it cook too long, or stand for a few moments after coming from the oven, and its whole condition will change. A soufflé which was five or six inches high will in this case shrink to less than an inch; will be of a grayish color, heavy and tough, and of a disappointing flavor. It seems wonderful that a thing of such lightness and beauty should be transformed so quickly. A soufflé made with a foundation will shrink about one-third, but will not be so unpalatable as an omelet soufflé.

These drawbacks should not discourage the housekeeper from trying to make this delicate dessert. Being forewarned, she should be forearmed. It is always better that the guests should wait five minutes, if need be, for the soufflé, than that the soufflé should wait half a minute for them.

The following rules for soufflés will suffice, as changes of flavor give most of the varieties.

Soufflé Dishes.

As the soufflé must be served in the dish in which it has been baked, the dishes selected for this purpose should be as dainty as possible. Silver dishes with porcelain linings are good for this purpose, only the time occupied in putting the soufflé into the silver dish and adjusting the rim is apt to prove fatal to the soufflé, unless the work be done by an expert. There is a pretty fluted pudding-dish, with a plain dish fitting into it, which can be used to advantage. Small paper cases are really the most satisfactory things to use. They can be bought where confectioners' supplies are sold. Pursell, on Broadway, near Twentieth Street, New York, keeps a good supply. There are many shapes, but the square and round are the most useful and the cheapest.



Paper Cases, — Empty and Filled.

Small individual soufflé dishes come in fire-proof French china. They are very dainty, and when one considers that they can be used constantly for years, are not expensive, unless decorated. They are sold by Louis & Conger, 1340 Broadway, New York.

Vanilla Omelet Soufflé.

Beat together until light the yolks of two eggs and two generous table-spoonfuls of powdered sugar. Add half a teaspoonful of vanilla extract, and beat a little longer. Now beat the whites of four eggs to a stiff, dry froth. Stir this into the yolks and sugar, doing the work gently. Turn the mixture into a buttered soufflé dish, and sprinkle with powdered sugar. Bake in a moderate oven for ten minutes, and serve the instant it comes from the oven. Or the preparation may be baked in small soufflé cases, in which case they will cook in eight minutes.

Omelet Soufflé.

Break six eggs, and put the whites into one bowl and the yolks into another. To the latter add three table-spoonfuls of powdered sugar, the grated rind of half an orange, and one-third of a saltspoonful of salt. Beat this mixture until it is very light and thick. Now beat the whites to a stiff, dry froth, and stir them gently into the other beaten mixture. Turn the eggs into a buttered soufflé dish, heaping them in the centre. Sprinkle with powdered sugar. Bake in a moderate oven for twelve minutes. Or, the preparation may be baked in buttered soufflé cases. Fill the cases about two-thirds of the way to the brim, and place in a shallow pan. The soufflé will bake in eight minutes in a moderate oven.

Lemon, vanilla, almond, or some other flavor may be substituted for orange rind.

Lemon Soufflé.

The materials required are: one pint of milk, half a cupful of flour, four table-spoonfuls of sugar, half a teaspoonful of salt, five eggs, and the grated rind of a lemon.

Put half the milk and the rind of the lemon on the stove in the double-boiler. Mix the other half with the flour, and stir the mixture into the boiling milk. Add the salt, and cook for ten minutes, stirring frequently.

Beat together the sugar and yolks of the eggs. When the hot preparation has been cooked for ten minutes, pour it on the second mixture; add the flavor, stir well, and set away to cool. Beat the whites of the eggs to a stiff, dry froth. Stir them lightly into the cool mixture. Pour this preparation into a buttered soufflé dish, and bake in a moderate oven for twenty-five minutes. Serve instantly.

The soufflé may be flavored with a scant teaspoonful of vanilla or lemon extract; or the grated rind of an orange or lemon may be cooked with the milk and flour.

Fruit Soufflés.

Rub through a sieve any kind of preserved fruit that is almost free of liquid. Make a cooked preparation, as for the lemon soufflé. When this is cold, stir in half a pint of the strained fruit. Beat the whites of eight eggs to a stiff, dry froth. Stir this into the cooked preparation. Bake in a moderate oven for half an hour.

Another way to make a fruit soufflé is to put a thin layer of cooked and sweetened fruit on the bottom of the dish, and fill up with the soufflé mixture. This is particularly nice if strawberries or raspberries be used.

Rum Omelet.

Use four eggs, two table-spoonfuls of sugar, a saltspoonful of salt, a table-spoonful of butter, three table-spoonfuls of rum, and three table-spoonfuls of milk.

Warm a large omelet-pan. Beat the whites of the eggs rather light. Add the salt, sugar, yolks, and milk to them, and beat well. Put the butter in the omelet-pan, and place on the hottest part of the range. Pour in the egg mixture, and shake vigorously until it begins to thicken; then fold, and turn on a warm dish. With a spoon pour the rum over the omelet, letting it run down on the dish. Just before the dish is placed on the table, touch a lighted match to the liquor. Be sure that the sulphur is burned from the match before using it.

Orange Omelet.

This is made of four eggs, five table-spoonfuls of sugar, a saltspoonful of salt, two oranges, and two table-spoonfuls of butter.

Grate lightly the rind of one of the oranges on one table-spoonful of sugar. Pare the oranges, and cut them in thin small slices, cutting from the sides, not across, the orange. Sprinkle two table-spoonfuls of sugar on the sliced oranges. Beat the whites of the eggs to a stiff froth. Beat into them the table-spoonful of sugar mixed with the orange rind, the salt, and yolks of the eggs. Add also two table-spoonfuls of the orange juice.

Put the butter in a large omelet-pan, and on the stove, and when it becomes hot, add the egg mixture. Cook for half a minute, shaking the pan well. Spread the orange in the centre. Roll from both ends toward the centre; then fold over, and turn upon a warm dish. Sprinkle with the remaining spoonful of sugar, and place in the oven for two minutes. Serve at once.

Omelet à la Célestine.

Use four eggs, three table-spoonfuls of powdered sugar, a saltspoonful of salt, two table-spoonfuls of butter, and four table-spoonfuls of apricot jam or preserved strawberries or raspberries.

Put a small omelet-pan on the stove, where it will heat slowly. Beat the whites of the eggs to a stiff froth. Beat the salt, one table-spoonful of the sugar, and the yolks of the eggs into the whites.

Put half a table-spoonful of the butter in the warm omelet-pan, and draw the pan forward where it will get hot. Pour one-fourth of the egg mixture into it, and shake over the fire for about fifteen seconds. Spread a table-spoonful of the preserve in the centre of the omelet; then fold, and turn out on a warm dish. Make four omelets in this manner, putting them side by side on the same dish. Sprinkle with sugar, and place in the oven for two minutes. Serve at once.

COLD PUDDINGS.

Marquise Pudding.

This is made of one small can of pineapple, one can of pears, half a pound of French candied cherries, one gill of Maraschino, one pint of sugar, and the whites of two eggs.

Cut the cherries into fourths, and soak them for several hours in the Maraschino, — over night, if there be time. Rub the pears through a purée-sieve. After removing the hearts from the pineapple, chop the fruit very fine. Put the sugar on to boil with half a pint of water, and boil rapidly for ten minutes. Pour half of this syrup on the pears, and stir well. Let the remainder of the syrup boil five minutes longer. Beat the whites of the eggs to a stiff, dry froth, and beat the hot syrup into them, pouring it in a thin stream, and beating all the time. Set this méringue in a cool place.

Freeze the purée of pears for ten minutes. Open the freezer and add the pineapple, cherries, and méringue; then freeze for fifteen minutes longer. Take out the beater, and with a strong long-handled spoon work the pudding, that the fruit may be evenly distributed. Pack the pudding smoothly in a mould, or pack it in the freezer. Draw off the water, and add more salt and ice. Set away in a cold place for two or three hours. Serve with iced Madeira sauce poured around it.

Iced Rice à l'Impératrice.

For this pudding there will be required a scant teacupful of rice, two quarts of cream, one pound of French candied fruit (half the quantity to be cherries), one pint of sugar, the whites of three eggs, five table-spoonfuls of Maraschino, five of sherry, the grated rind and the juice of one orange, one-fourth of a teaspoonful of salt, and half a gill of water.

Wash the rice in three waters, and put it in a stewpan with one quart of cold water. Place on the fire, and when it boils up, pour off the water. Now put the rice and grated rind of the orange in the double-boiler.

Put all the cream in a large bowl, and whip and skim until there are three generous quarts of the froth. Put the unwhipped cream with the rice. Cover the boiler, and place on the fire. Cook for one hour and a half.

Put the whipped cream in a cool place. Cut the candied fruit into small bits, and soak it in the Maraschino. When the rice has been cooking for one hour, add the salt and three gills of the sugar; and when it is done, set away to cool.

Put the half-gill of water and the remaining gill of sugar in a small saucepan, and boil for fifteen minutes. Add the orange juice, and boil for ten minutes longer, being careful that it does not burn. Do not stir the sugar and water while on the fire. Take up a drop of the syrup on the point of a skewer, and roll it between the thumb and forefinger. If it forms a soft ball it is done.

While the sugar is boiling beat the whites of the eggs to a stiff, dry froth. Beat the hot syrup into this, pouring it in a thin stream into the beaten whites. When thoroughly beaten, set away in a cool place.

When the cooked rice is cool, add to it the sherry and all the liquid cream that is drained from the whipped cream that was set away. Put the rice in the freezer, and beat for twenty minutes. When this time has passed, take the cover from the freezer, and add the fruit and Maraschino, beating it into the frozen mixture. Next beat in the méringue, and finally the whipped cream. Pack this in a mould, which should be surrounded with salt and ice. Let it stand for two or three hours.

At serving-time dip the mould in tepid water. Wipe carefully, and turn the pudding out on a flat dish. Serve an iced orange sauce with it.

This pudding is enough for eighteen or twenty people. Of course, half, or even one-third, of the quantity may be made for a small family.

Frozen Rice Pudding.

This calls for half a cupful of rice, a quart of cold water, three oranges, a quart of milk, a pint of cream, two small cupfuls of sugar, and one-eighth of a teaspoonful of salt.

Wash the rice carefully, and put it on the fire, with the water, in a small saucepan. As soon as it begins to boil, pour off the water, and add the milk and grated rind of the oranges. Cook for an hour in a double-boiler; then add the sugar, and cook half an hour longer. Remove from the fire, and after adding the salt, set away to cool. When cold, add the juice of the oranges, and also the cream, whipped to a froth. Freeze the same as ice-cream, and serve with iced orange sauce.

Four table-spoonfuls of wine, or one table-spoonful of either lemon or vanilla extract, may be substituted for the orange juice, the flavoring being added when the pudding is cold and before it is frozen.

Glazed Rice Pudding.

This pudding will require half a cupful of rice, one pint of milk, two quarts of whipped cream (about a pint of the unwhipped cream), one pint of sugar, three eggs, the grated rind and the juice of an orange, a table-spoonful of salt, and salt and ice for freezing.

Wash the rice in three waters, and soak it in cold water for half an hour. At the end of that time put it in a large stew-pan with two quarts of boiling water. Boil rapidly until the grains of rice are soft, which will be in about twenty-five minutes. The stew-pan must be uncovered all the time the rice is cooking. Now turn the rice into a colander, and as soon as well drained, turn it into a dish and pour over it a syrup made as follows: —

When the rice is put on to boil, put into a small saucepan one cupful of sugar, one of hot water, and two-thirds of the grated rind of the orange. Boil this for twenty-five minutes; then add the juice of the orange. This syrup must be hot when poured over the rice.

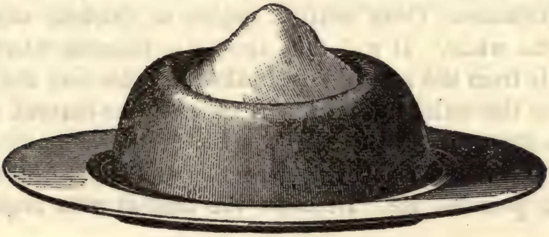
Now set the rice away to cool. Put all the milk except half a gill into the double-boiler. Add the remainder of the grated orange rind, and place on the fire. Beat the eggs and the remaining cupful of sugar together until very light. Add the half-gill of cold milk. Pour the boiling milk on this mixture, stirring all the time. Turn into the double-boiler, and cook on the fire for five minutes, stirring constantly; then put away to cool. Pack a plain mould in salt and ice, the same as for a mousse, as described in the chapter on "Dessert." When the rice and custard both are cold, mix the whipped cream with the custard. Put a layer of this mixture on the bottom of the mould; then sprinkle in a layer of rice. Continue this until all the materials are used. Cover the freezer with an old blanket or a piece of carpeting, and set in a cool place for two hours or more. At serving-time dip the mould in tepid water, and then wipe it. Turn out the pudding, and serve at once.

Chantilly Pudding.

This pudding is made in two parts, the cake for the border, and the cream for the centre. For the cake use five eggs, one cupful of powdered sugar, a cupful of flour, the grated rind and the juice of one orange, and one teaspoonful of baking-powder. Mix the baking-powder with the flour. Beat the yolks of the eggs and the sugar together until the mixture is light. Add the orange juice and grated rind, and beat five minutes longer. Beat the whites of the eggs to a stiff froth, and stir lightly into the other ingredients. Now add the flour, stirring it in lightly. Turn the mixture into a deep border mould, and bake in a moderate oven for thirty-five minutes. On taking from the oven, let it partially cool in the mould. Turn it out on a flat dish. Spread half a pint of strawberry preserve on the inside of the cake, and set the dish away in a cool place.

To make the cream one needs three quarts of whipped cream, — a quart of the unwhipped cream will give this quantity, — half a package of gelatine, a cupful of water, four table-spoonfuls of wine, and a generous half-cupful of sugar.

Soak the gelatine in half of the water for two hours. Whip the cream, and put it in a pan which has been placed in another containing ice-water. Sprinkle the wine and sugar over it. Pour half a cupful of boiling water on the soaked gelatine. Stir until all the gelatine is dissolved. Strain this liquid over the cream. Stir from the bottom of the pan until the mixture is so thick that it will hardly flow. Instantly turn it into the centre of the cake. Place the dish in the refrigerator for an hour or more, if there be an abundance of time. It must be kept in a cold place for at least twenty minutes, and the longer the time the better.



Chantilly Pudding.

When strawberries are in season, the dish is improved in appearance if at the time of serving the cream be dotted with ripe berries. Candied cherries make a handsome decoration. Raspberry preserve, or indeed any small fruit, may be used instead of the strawberries.

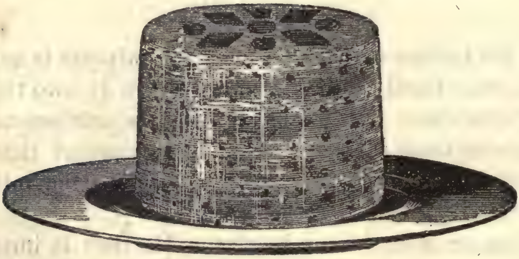
The cream filling makes a delicious cream for charlotte russe.

Cold Cabinet Pudding.

This is made of one quart of milk, the yolks of six eggs, half a package of gelatine, one dozen macaroons, half a dozen lady-fingers, one-quarter of a pound of French candied cherries, two ounces each of apricots and angelica, four table-spoonfuls of Maraschino, half a cupful of sugar, half a cupful of cold water, one teaspoonful of vanilla extract, and one-third of a teaspoonful of salt.

Cut the cherries and apricots into bits. Cut the angelica in large pieces suitable for decorating. Put all the fruit in a cup, and pour the Maraschino over it. Soak the gelatine for two hours in the cold water. Beat the egg yolks and the sugar together. Add half a pint of the milk to them. Put the remainder of the milk on the fire in the double-boiler. When it boils, stir in the egg-mixture. Cook until it begins to thicken, stirring all the while. It will take about five minutes. On taking it from the fire, add the soaked gelatine and the salt. Place the boiler in cold water, and stir the custard until it is almost cool; then add the vanilla.

Put a round or oval mould in a pan, and surround it with pounded ice. Decorate the bottom with angelica.



Cold Cabinet Pudding.

Dip pieces of cherry and apricot in the cool custard, and dot the sides of the mould with them. With a pastry-brush put a thin layer of the custard on the sides of the mould. Put some of the custard (a spoonful at a time) in the bottom of the mould. It should be about one-third of an inch thick. When this is cool, dip some of the lady-fingers in the custard, and arrange them in the mould. Sprinkle them with some of the candied fruit. Now put in about a gill of the custard, but only a spoonful at a time. Let this stand until almost stiff; then put in a layer of macaroons which have first been dipped in the custard. Sprinkle with fruit, and add the custard as before. When this layer is almost firm, repeat the process; and as soon as all the materials have been used, put the pudding in a cold room for a few hours.

The custard must be kept cold, but liquid, throughout the process of putting the pudding together. If it begins to congeal, place the basin in a pan of hot water for about a minute, and stir the custard until it becomes liquid again.

When it is time to serve the pudding, take it from the ice. Dip the mould in tepid water for about twenty seconds. Wipe it, and see that the pudding does not cling to the sides. Turn on a flat dish. Serve chocolate sauce in a separate dish.

Sweet Purée of Chestnuts, with Whipped Cream.

For this dessert use thirty French chestnuts, half a cupful of sugar, one gill of water, and three pints of whipped and drained cream, flavored with one tablespoonful of wine and two of sugar.

Shell and blanch the chestnuts. Put them in a stew-pan with enough boiling water to cover them, and boil for half an hour. Drain them; then pound to powder, and rub through a sieve. Put in a stew-pan with the sugar and water, and cook for ten minutes, stirring all the time. If the purée be firm at the end of ten minutes, take from the fire; but if not, cook until it is. Now put a little of the mixture in a coarse purée-sieve and rub through, being careful not to press the mixture down as it comes through. Continue this until all has been rubbed through. Heap this purée in a circle on a dish, and set away in a cool place until serving-time. When ready to serve, heap the whipped and flavored cream in the centre.

Chestnut Pudding.

For this pudding use one package of gelatine, thirty French chestnuts, two ounces of candied cherries, one cupful of pineapple, — fresh or canned, — chopped fine, one cupful of sugar, two of water, the yolks of four eggs, one and a half pints of cream, three table-spoonfuls of Maraschino.

Soak the gelatine in one cupful of the cold water for two hours. Shell and blanch the chestnuts. Put them in a stew-pan with enough boiling water to cover them. Cover, and cook for half an hour. Drain off the water at the end of that time, and, putting the nuts into a mortar, pound them fine. Put into each of two stew-pans half a cupful of sugar and half a cupful of water. Boil rapidly for ten minutes; then add the chestnuts to the syrup in one pan, and the pineapple and candied cherries, cut in small pieces, to that in the other. Simmer for ten minutes, being careful not to burn.

Put all but a gill of the cream into the double-boiler, and place on the fire. Beat the yolks of the eggs light, and add the cold cream to them. Stir this mixture into the hot cream, and cook for three minutes, stirring all the time. Now add the soaked gelatine, and stir for half a minute. Take from the fire, and add the chestnut mixture. Place the basin in a pan of ice-water, and stir until the mixture begins to thicken; then add the cherry and pineapple mixture, and also the Maraschino. Mix well, and pour into a large mould that has been rinsed in cold water. Set in the refrigerator for three or four hours. Serve with whipped cream flavored with sugar and wine.

Orleans Pudding.

Use one pint of milk, two quarts of whipped cream, a pint and a half of stale sponge cake, one gill of sherry, the juice of a lemon, the juice of an orange, one-fourth of a pound of French candied fruit, half a cupful of sugar, half a package of gelatine, and half a cupful of cold water.

Soak the gelatine in the water for two hours. Pour the wine and fruit juice over the cake. Cut the candied fruit into bits. Sprinkle a two-quart mould with some of the fruit, and put the remainder with the cake. Put the milk on to boil. When it becomes hot, add the gelatine and sugar. Take the boiler from the fire, and place it in a pan of cold water. Stir frequently until the mixture begins to thicken; then add the whipped cream. When this is well mixed, add the soaked cake and fruit. Pour this preparation into the mould; and after closing the mould, pack it in salt and ice. Let the pudding stand for two hours or more. Serve with two quarts of whipped cream, flavored with two table-spoonfuls of powdered sugar and two table-spoonfuls of sherry. Or any of the iced sauces may be used.

Orange Snow Pudding.

Use half a package of gelatine, three gills of orange juice, a generous cupful of sugar, three gills of water, and the whites of six eggs.

Soak the gelatine in one gill of cold water for two hours. At the end of that time pour two gills of boiling water on it. Add the sugar, and place the bowl in a saucepan of boiling water. Stir until the sugar and gelatine are fully dissolved. Add the orange juice, and strain into a large bowl. Put away to cool; and when cool, add the unbeaten whites of the eggs. Place the bowl in a pan of ice-water, and beat the mixture until it is white and thick. Pour it into a mould, and set away to harden. Serve with custard sauce made as follows: —

Sauce. — Use a pint and a gill of milk, one-third of a cupful of sugar, the grated yellow rind of one orange, and half a saltspoonful of salt.

Put one pint of the milk into the double-boiler, and grate the rind of the orange into it. Place on the fire. Beat the yolks of the eggs and the sugar together. Add the gill of cold milk to them. Pour the hot milk on this mixture, and stir well. Return to the double-boiler, and cook for five minutes, stirring all the time. Add the salt, and set away to cool.

Imperial Pudding.

There will be needed half a cupful of rice, a generous pint of milk, a cupful of sugar, four table-spoonfuls of wine, half a teaspoonful of salt, two quarts and a pint of whipped cream, and half a box of gelatine, soaked for two hours in half a cupful of cold water.

Wash the rice, and put it on to boil in a quart of cold water; and when it begins to boil, pour off all the water. Add the pint of milk, and put into the double-boiler; and after an hour's cooking, add the gelatine, sugar, salt, and wine. Place in a basin of ice-water, and stir until cold; then add the whipped cream, stirring well. Pour into moulds, and set away to harden. About one hour will be required.

When you are ready to serve the pudding, dip the moulds into warm water, to loosen the pudding from the sides; and after turning out upon a large flat dish, heap strawberry sauce around it.

The rind and juice of two oranges may be substituted for the wine. Cook the grated rind with the rice and milk. Add the juice to the cooked mixture.

Silver-and-Gold Pudding.

For this pudding there will be required ten eggs, two quarts of milk, half a teaspoonful of salt, three-quarters of a cupful of sugar, two teaspoonfuls of vanilla extract, and one scant table-spoonful of butter.

Butter a three-pint mould. Separate the whites of the eggs from the yolks, being careful not to have a particle of yolk with the whites. Put one-third of the sugar and one table-spoonful of milk with the whites, and beat the mixture with a spoon until it breaks readily when poured from the spoon; then add a quart of milk, a teaspoonful of vanilla extract, and one-fourth of a teaspoonful of salt, and after blending thoroughly, pour the mixture through a fine strainer into the mould.

Set the mould in a pan, and surround it with hot water enough to reach almost to the top of the mould. Place in a moderate oven for about three-quarters of an hour. The water in the pan should never boil. Try the custard by running the blade of a knife into the centre; for if the blade be clean when withdrawn, the pudding may be removed from the oven, but if there be any milky substance clinging to it, further cooking will be required. At any rate, when the custard is cooked, set it where it will get exceedingly cold.

While the pudding is cooking, make a soft custard of the materials that remained; and also cool this. At serving-time turn the baked custard into a flat glass dish, and pour the soft custard around it.

This is a good pudding for Sunday, as it is all the better for being made a day before it is served.

Sunset Pudding.

This is an elegant dish. The ingredients are: one-third of a box of Cox's gelatine, four sheets of pink isinglass, two lemons, three gills of sherry, three of sugar, and one quart of water.

Break the isinglass into bits, and put it in a bowl with one gill of cold water. Put the gelatine in another bowl, also containing a gill of cold water. Let both the isinglass and gelatine soak for three or four hours. At the end of that time have ready a pint and a half of boiling water, and pour half into each bowl, stirring until the gelatine and isinglass are dissolved. Now put into each bowl half of the lemon juice, sugar, and wine. Stir until the sugar becomes dissolved; then strain the liquids through a napkin into separate large bowls; and after placing the bowls in pans of ice-water, stir their contents occasionally until they become cool.

Now begin to beat the mixtures, alternately, stirring well from the sides and bottom of the bowls. When both have become so thick that they will pour from a spoon in a thick stream, turn them into a three-pint mould in this manner: first put two large spoonfuls of the pink liquid in the centre of the mould; then pour in all the light-colored mixture; finally, pour in the remainder of the pink mixture.

Put the mould in a refrigerator in order that its contents may become hardened. At serving-time dip the mould in warm water, and as soon as the pudding becomes loosened at the sides, wipe the mould and turn out the pudding on a large flat dish. Pour around it a pint of soft custard that has been flavored with vanilla.

Alpine Pudding.

This pudding is supposed to represent ice, snow, and the thawing ice and snow. It is made of half a box of gelatine, one cupful of sugar, half a cupful of lemon juice, half a cupful of wine, half a cupful of cold water, one cupful and a half of boiling water, and the whites of three eggs.

Soak the gelatine in the cold water for two hours or more; then pour the boiling water upon the soaked gelatine, and stir for half a minute. Add the sugar, lemon juice, and wine, and stir until the sugar is dissolved. Strain the liquid through a napkin.

Beat the whites of the eggs to a light but not a dry froth, and add them to the strained liquid. Place the bowl containing the preparation in a basin of ice-water, and beat for about five minutes. When the mixture begins to cool, — as it should in about ten minutes, — stir it frequently until it thickens slightly; then turn it into a mould, and set in an ice-chest to harden. About two hours will be needed to harden the mixture sufficiently.

The special point to be attained in making an Alpine pudding is to have the egg whites partially separate from the jelly, so that when the pudding is turned out there shall be clear jelly on top and a rather white sponge at the bottom. This result is obtained by pouring the mixture into the mould as soon as it begins to thicken. But care must be taken to mix enough jelly with the whites to give them flavor and body. At serving-time dip the mould in warm water, wipe it, and then turn the contents out on a large flat dish. Pour custard sauce around the pudding.

Sauce. — For one pint of sauce use a pint of milk, two eggs, besides the three yolks left from the pudding, one-third of a cupful of sugar, one-eighth of a teaspoonful of salt, and half a teaspoonful of vanilla.

Beat the eggs, sugar, and salt together. Add half a cupful of the milk, and put the remainder on the stove in a double-boiler. When it begins to boil, pour it over the egg mixture, and stir well. Put the mixture in the double-boiler, and cook, stirring all the while, until it thickens, — say for about five minutes. Take the sauce from the fire, and pour it into a bowl or pitcher. Add the vanilla extract, and stir the sauce for a few minutes. Place the dish in a pan of cold water, and stir the contents occasionally until they become cool.

Pineapple Pudding.

Use half a package of gelatine, the yolks of six eggs, three cupfuls of milk, one cupful of sugar, three cupfuls of grated pineapple, and one-fourth of a teaspoonful of salt.

Soak the gelatine in half a cupful of the cold milk for two hours. At the end of that time put two cupfuls of milk into the double-boiler, and on the stove. Beat together the sugar, salt, and yolks of the eggs. Add to this mixture the remaining half-cupful of cold milk. Now stir into the boiling milk the pineapple, gelatine, and egg mixture. Cook for four minutes, stirring all the while. Take from the fire, and stir in cold water for five minutes; then turn into a mould that has been rinsed in cold water. Set away in a cold place for five or six hours.

Strawberry Pudding.

In making this pudding one combines a cupful of sifted flour, two cupfuls of sugar, a teaspoonful of baking-powder, four eggs, the juice of a lemon, a quart of strawberries, and two quarts of whipped cream (a pint of cream in the ordinary state makes two quarts when whipped).

Beat together a cupful of the sugar, the lemon juice, and the yolks of the eggs. Beat the whites to a stiff froth, and add them to the yolks and sugar. Mix the baking-powder and flour, and sift upon the liquid mixture; then stir gently. Lightly butter a deep round pan, and, pouring the mixture into it, bake for thirty-five minutes in a moderate oven.

While the cake is baking, pick over and crush the strawberries. Add the second cupful of sugar to them, and set away in a cool place. When the cake is baked and has become cool, place it in a large pudding-dish and pour the strawberries over it. At serving-time heap the whipped cream upon the fruit.

In making this pudding it is desirable to have a great deal of juice when the fruit is emptied upon the cake. Stale sponge cake will answer for the pudding. When raspberries are in season they may be substituted for the strawberries; but as they are sweeter, half a cupful of sugar will be enough to sprinkle over them. They should not be crushed.

Velvet Pudding.

There will be required one pint of water, half a gill of milk, one lemon, three table-spoonfuls of corn-starch, half a cupful of granulated sugar, two table-spoonfuls of powdered sugar, two eggs, half a teaspoonful of salt, and two table-spoonfuls of butter.

Take one gill of the water to mix with the corn-starch, and heat the rest to the boiling-point; then stir in the corn-starch, and cook for ten minutes, stirring occasionally. Stir the lemon juice and grated rind into the cooked mixture.

Beat the butter, granulated sugar, and egg yolks together. Add the milk, and stir the mixture into the cooked corn-starch. Turn into a pudding-dish, and bake in a slow oven for half an hour.

Beat the whites of the eggs to a stiff froth, and then with a spoon beat in the powdered sugar. Spread this over the pudding, and cook for twenty minutes with the oven door open. Set away to cool before serving.

The quantities given make a pudding large enough for five or six persons. They may be increased one-half if a larger pudding be desired.

Queen of Puddings.

The materials are: six eggs, one quart of milk, one pint of bread crumbs, half a teaspoonful of salt, half a cupful of granulated sugar, six table-spoonfuls of powdered sugar, the grated rind of a lemon, and one cupful of strawberry or raspberry preserve.

Soak the bread and milk together for two hours. Mash the bread fine. Beat the sugar, salt, and yolks of the eggs together, and add to the bread and milk. Pour this mixture into a pudding-dish that will hold two quarts. Bake slowly for three-quarters of an hour. Take from the oven, and spread the preserve over it.

Grate the lemon rind on the powdered sugar. Beat the whites of the eggs to a stiff, dry froth. Remove the beater, and add the powdered sugar and lemon rind, a spoonful at a time. Beat this in with a silver spoon. Spread this méringue on the pudding, and return the dish to the oven, to bake for twenty minutes with the door open. Serve hot or cold.

* Cream Méringue Pudding.

Use for this pudding one quart of milk, four eggs, four table-spoonfuls of flour, three-fourths of a cupful of powdered sugar, half a teaspoonful of salt, and one teaspoonful of vanilla extract.

Break the eggs, and beat well all the yolks and one of the whites. Add the milk and all but three table-spoonfuls of the sugar. Put the flour and salt into another bowl, and pour upon them four table-spoonfuls of the egg-and-milk mixture. Beat until very smooth, and gradually add the rest of the egg-and-milk mixture. Turn into a double-boiler, — first being careful to see that the water in the lower kettle is boiling. Stir the mixture until it becomes a smooth thick cream, — say for about a quarter of an hour. Add the vanilla extract, and rub the mixture through a strainer into a pudding-dish. Now beat the three reserved whites of eggs to a stiff froth, and gradually beat into them the three remaining table-spoonfuls of sugar. Spread this mixture rather roughly over the pudding. Place in a moderate oven, and cook for twenty minutes with the door open. The pudding should be served cold.

Strawberry Méringue.

This pudding will require the whites of seven eggs, seven table-spoonfuls of powdered sugar, half a teaspoonful of salt, and half a cupful of strawberry preserve.

Beat the eggs to a stiff froth, and then with a spoon gradually beat the powdered sugar and the salt into the froth. Butter a two-quart pudding-dish, and drop spoonfuls of the méringue upon the bottom of the dish. Now drop in the preserve by half-spoonfuls. Continue putting in these alternate layers until the full quantity of both materials has been used. Bake in a moderate oven for twenty-five minutes. Serve very cold with whipped cream.

* Pineapple Cream Pudding.

For six or eight persons use one pineapple of medium size, one pint of milk, three eggs, three-fourths of a cupful of sugar, two table-spoonfuls of flour, one-fourth of a teaspoonful of salt, and half a teaspoonful of vanilla extract.

Put the milk in the double-boiler, and on the fire. Beat together, until light and smooth, the sugar, flour, salt, and eggs. Stir this mixture into the boiling milk, and cook for fifteen minutes, stirring frequently; then take from the fire, and turn the mixture into a bowl. Beat the vanilla extract into the mixture, and set the bowl away in a cool place.

Pare the pineapple, and grate it into a deep dish. When the cream becomes cool, stir the pineapple into it; then place the pudding in the refrigerator for an hour or more, to chill it thoroughly. Turn into a glass dish, and serve.

* Banana Cream Pudding.

Pare and slice three ripe bananas, and stir them into a cream made the same as for pineapple cream pudding.

* Peach Cream Pudding.

Make this the same as the pineapple pudding, only substitute a quart of pared and sliced ripe peaches for the grated pineapple.

* Bird's-nest Pudding.

This calls for half a dozen apples of medium size, a quart of milk, half a nutmeg, five eggs, one cupful and a quarter of sugar, half a teaspoonful of salt, and a pint and a half of boiling water.

Put the water and half a cupful of sugar on the stove in a saucepan, and boil for ten minutes. Pare and core the apples, and cook them gently in the boiling water and sugar until they begin to grow tender, — say for eight or ten minutes. Be careful not to cook them so long nor so rapidly that they will break. Remove them from the saucepan, and let them drain; then put them into a pudding-dish that will hold about two quarts, and after sprinkling them with one-fourth of a cupful of sugar and a little nutmeg, place the dish in a moderate oven.

Break the eggs into a bowl, and add the salt and the remaining sugar and nutmeg. Beat the mixture thoroughly with a spoon, and when it gets thoroughly beaten, add the milk and strain the mixture. Take the pudding-dish from the oven, and pour the custard over it, being careful not to displace the apples. Return to the oven, and bake for half an hour; then put away to cool. At serving-time put half a teaspoonful of bright jelly in the centre of each apple.

Partially cooking the apples before the custard is added gives a much finer pudding than the old method of pouring the custard over the uncooked fruit. It takes longer to cook the apples than the custard, and if both were baked for the same time, one or the other would be spoiled. The sugar and water in which the fruit is partially cooked may be used in stewing apples or pears.

* Röd Grö.

The materials are: a pint of any kind of red fruit juice, one quart of water, one cupful of sago, one-fourth of a teaspoonful of salt, and if strawberry or raspberry juice be used, one cupful of sugar; or if currant juice be used, one cupful and a half of sugar.

Wash the sago, and let it soak over night in the quart of cold water. In the morning put it in the double boiler with the water in which it was soaked, and cook for one hour. At the end of that time add the fruit juice, salt, and sugar, and cook half an hour longer.

Wet a smooth earthen dish with cold water, and turn the röd grö into it. Let it stand in a cold place for three or four hours. At serving-time turn out on a flat dish, and heap whipped cream around it; or if it be inconvenient to provide whipped cream, serve with plain cream.

In winter and spring this dish may be prepared with a pint of the red syrup that is usually left from any red preserve; or it may be made by the addition of a tumbler of currant jelly to the cooked sago. In case either the juice or the jelly be used, only a little sugar will be needed.

* Tapioca Cream Pudding.

These are the ingredients needed: three pints of milk, one pint of cold water, one teacupful of tapioca, half a teaspoonful of salt, the rind and juice of an orange, three eggs, and a cupful and a quarter of powdered sugar.

Wash the tapioca, and soak it in the cold water over night. In the morning put the tapioca, milk, and grated rind of the orange in a double-boiler, and cook for half an hour. Meanwhile separate the yolks of the eggs from the whites. Put the whites in a cool place. Beat together the yolks, orange juice, salt, and one cupful of the sugar. At the end of the half-hour gradually pour the boiling mixture upon the second one, stirring all the while; then turn into a pudding-dish. Beat the whites of the eggs to a stiff, dry froth, and gradually beat into this froth the remaining sugar. Spread over the pudding, and then cook for thirty minutes with the oven door open. Set away to cool, and do not serve until the pudding is perfectly cold.

* Custard Méringue Pudding.

For a pudding sufficiently large for six or eight persons use these materials: one quart of milk, four table-spoonfuls of flour, three eggs, half a teaspoonful of salt, one table-spoonful of butter, one teaspoonful and a half of vanilla extract, half a cupful of granulated sugar, and three table-spoonfuls of powdered sugar.

Reserve half a cupful of milk, and put the rest on the stove in a double-boiler. Mix the flour and cold milk, and stir the mixture into the boiling milk; continuing to stir until the liquid is perfectly smooth. Beat together the yolks of the eggs, granulated sugar, salt, and one teaspoonful of the vanilla extract. Stir this mixture into that which already is cooking; then take the boiler from the stove, and after adding the butter, pour the mixture into a pudding-dish. Bake in a slow oven for half an hour.

At the end of that time beat the whites of the eggs to a stiff, dry froth, and then beat into them the powdered sugar and half a teaspoonful of vanilla extract. Spread this méringue over the pudding, and let it bake for a quarter of an hour with the oven door open; then set away to cool. This is nice for Sunday, as it may be prepared the day before.

* Cold Custard Pudding.

This is made of a quart of milk, four eggs, a stick of cinnamon, a table-spoonful of corn-starch, half a teaspoonful of salt, and a scant half-teacupful of sugar.

Reserve half a cupful of the milk, and put the remainder, with the cinnamon, broken into several pieces, on the stove in a double-boiler. When the milk begins to boil, add the sugar, salt, and the corn-starch, mixed with the cold milk, and cook five minutes longer. Take from the fire, and set away to cool. Beat the eggs well, and when the cooked mixture becomes cold, stir the eggs into it; then strain into a pudding-dish. Bake in a very moderate oven until the pudding becomes firm in the centre. Get this knowledge by inserting the blade of a knife or the handle of a spoon into the centre of the pudding; for if it come out free of milk, the pudding need be cooked no longer. It takes about half an hour for the baking. Have the pudding ice-cold when it is served.

If lemon flavor be liked, the thin rind of a lemon, instead of the stick of cinnamon, may be cooked in the milk. Old-fashioned housekeepers sometimes use lemon and cinnamon together, getting a nice flavor. It is not absolutely necessary to use corn-starch; the custard will be firm and smooth without it. When eggs are scarce, three will be enough to use, with the corn-starch. The fourth egg, of course, makes the pudding richer.

Orange Pudding.

Use a cupful of finely powdered cracker crumbs, one cupful and a half of granulated sugar, three table-spoonfuls of powdered sugar, one cupful of water, two table-spoonfuls of butter, the rind of three oranges and juice of six, and half a dozen eggs.

Soak the cracker crumbs in the cold water for an hour. At the end of this time grate upon them the rind of three oranges, — only the thin yellow part. Squeeze the juice from half a dozen oranges, and add it to the mixture. Break the eggs, separating three whites from the rest and putting them away in a cool place. Put the butter in a warm bowl, and beat it until soft and creamy; then gradually add the sugar. Beat the eggs (except the reserved whites) until light and frothy, and add them to the sugar and butter. Stir this into the orange and cracker mixture. Butter a pudding-dish holding two quarts and a pint, and pour the pudding into it. Bake for an hour in a very slow oven.

When the hour has passed, beat the remaining whites of eggs to a light, dry froth; then, with a spoon, beat in the three table-spoonfuls of powdered sugar. Spread this covering over the pudding, and return the dish to the oven. Cook for a quarter of an hour with the door partly open; close it at the end of that time until the méringue gets brown. It should become sufficiently colored in three minutes. Set the pudding away to cool, and have it perfectly cold when it is served.

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* Use six large oranges, one cupful of granulated sugar, three table-spoonfuls of powdered sugar, one quart of milk, three eggs, two table-spoonfuls of corn-starch, and half a teaspoonful of salt.

Peel the oranges, and slice them thin, cutting down instead of across. Add the cupful of granulated sugar, and let the fruit stand for an hour.

Reserve one-fourth of a cupful of the milk, and put the rest into a double-boiler. Mix the corn-starch with the cold milk, and after adding the yolks of the eggs and the salt, beat the mixture thoroughly; then stir into the boiling milk, and cook for eight minutes, stirring frequently. When it is done, let it cool; then spread a thin layer in a pudding-dish, and spread upon it a layer of orange. Continue placing these alternate layers until all the materials are used.

Beat the whites of the eggs to a stiff, dry froth, and beat into this froth three spoonfuls of powdered sugar. Spread this mixture on the pudding. Set the dish in a moderate oven, and cook, with the door open, for twenty minutes. Serve cold.

* New York Rice Pudding.

Use half a cupful of rice, a pint of water, a quart of milk, four table-spoonfuls of sugar, one of corn-starch, a teaspoonful of salt, and such flavoring as you please.

Wash the rice in three waters, and soak it half an hour in cold water; then pour off this, and add fresh water, and let the dish stand on the back part of the range until it becomes blood warm. Now pour off the water again, and add a pint of cold water. Cook the pudding in a double-boiler for half an hour; then add a pint of the cold milk, and when the dish begins to boil — say in fifteen minutes — add the corn-starch, mixed with half a cupful of the remaining milk. After ten minutes' cooking add the rest of the milk, and the sugar, salt, and flavoring. The latter may be a teaspoonful of vanilla or lemon extract, or a light grating of nutmeg. Stir well, and after turning into a pudding-dish, bake for twenty minutes in a moderate oven. Serve cold.

* Rice Balls with Soft Custard.

After washing a cupful of rice in three waters, and soaking it for an hour in cold water, pour off the latter, and add two cupfuls and a half of milk to the rice. Put on to cook in the double-boiler. At the end of an hour add a teaspoonful of salt; cook half an hour longer. Dip small custard cups into cold water, and then fill them with cooked rice, and set where it will get wholly cold. At serving-time turn the mounds of rice out upon a flat dish; and after putting a bit of bright jelly on each one, pour soft custard around all.

To Make the Custard. — Put a quart of milk over the fire in a double-boiler. Mix two table-spoonfuls of corn-starch with five of cold milk, and when the milk in the boiler begins to boil, stir this mixture into it, and cook ten minutes. Meanwhile beat together four eggs and half a cupful of sugar, and after pouring the boiling mixture over this, cook the custard in the boiler for five minutes, stirring all the while. Remove from the fire, and add a quarter of a teaspoonful of salt and a large teaspoonful of vanilla or lemon extract.

This is a cheap and good custard, but not, of course, so good as if made chiefly of eggs.

The rice may be served hot, and the custard cold.

* Flummery.

This is a pudding made of a quart of milk, three table-spoonfuls of corn-starch, half a teaspoonful of salt, one generous teaspoonful of vanilla extract, the whites of four eggs, and four table-spoonfuls of sugar.

Reserve half a cupful of the milk, and put the remainder on the stove in a double-boiler. Mix the corn-starch with the half-cupful of cold milk, and stir the mixture into the boiling milk. Add the salt, and beat thoroughly; then cover, and cook for twelve minutes, stirring twice in that time.

Beat the whites of the eggs to a stiff froth, and add the sugar to them; and when the pudding has cooked for twelve minutes, add the whites to it. Add also the vanilla extract, and beat all the ingredients together. Rinse a mould with cold water, and, pouring the mixture into it, set it in a cool place. Serve with soft custard made of the yolks of the eggs, a pint of milk, two table-spoonfuls of sugar, one-tenth of a teaspoonful of salt, and half a teaspoonful of vanilla extract; or, in case the whites of eggs left from some other dish in which the yolks were used be taken for this pudding, serve sugar and cream instead of soft custard.

* Cream Pudding.

This is simple, but delicious. The materials are: a quart of milk, four eggs, four table-spoonfuls of flour, half a teaspoonful of salt, a cupful of granulated sugar, and two table-spoonfuls of wine or fruit juice.

First beat the eggs. Mix the flour with the salt, and half a cupful of the milk. Put the remainder of the milk on the stove in a double-boiler, and as soon as it begins to boil, stir in the flour. Add the eggs, and cook for five minutes. Remove from the fire, and pour into a pudding-dish. Sprinkle over it the sugar, and then pour upon it the wine or fruit juice. Set in a cool place for three hours or more. It should be perfectly cold when served.

* Leche Crema.

This pudding may be eaten either warm or cold, but is best perfectly cold. It is made of a quart of milk, five level table-spoonfuls of flour, three-fourths of a cupful of powdered sugar, four eggs, half a teaspoonful of salt, one table-spoonful of cinnamon, three table-spoonfuls of grated chocolate, and one teaspoonful of vanilla extract.

Reserve half a cupful of the milk, and put the rest into the double-boiler. Mix the flour with the milk that was reserved. Beat together the eggs, salt, and four table-spoonfuls of sugar, and add the flour and milk to them. Stir this compound into the boiling milk, and cook for a quarter of an hour, stirring often.

While the pudding is cooking, mix the cinnamon, grated chocolate, and the remainder of the sugar. When the pudding is cooked, add the vanilla, and rub the pudding through a strainer into a pudding-dish. Spread the chocolate mixture on top, and place in the oven for ten minutes. At the end of that time set away to cool, unless the pudding is to be served hot.

* Oatmeal Pudding.

Stir one cupful of oatmeal and one teaspoonful of salt into one quart of boiling water, and cook for two hours; then add one generous pint of milk, and cook for thirty minutes longer. Turn into a mould, and set away to cool.

The oatmeal may be cooked in the double-boiler, and will then require one-third less water.

* Cold Farina Pudding.

Use one quart of milk, one teaspoonful of salt, and three table-spoonfuls of farina. Mix the farina, salt, and half a cupful of the milk. Heat the remainder of the milk to the boiling-point, and stir the farina into it. Cook for one hour; then add three table-spoonfuls of sugar, and one teaspoonful of vanilla or lemon flavor, or a little nutmeg. Turn into a mould, and set away to cool.

The sugar and flavor may be omitted, and one tumbler of jelly stirred in instead. When the pudding is cold, serve with sugar and milk.

* Snow Pudding.

The ingredients are: one pint of boiling water, one lemon, half a cupful of sugar, four table-spoonfuls of corn-starch, half a cupful of cold water, and the whites of four eggs.

Put the boiling water into the double-boiler, with lemon juice and sugar. Add the corn-starch, which has been mixed with the cold water. Cook for ten minutes.

Beat the whites of the eggs to a stiff froth, and after removing the boiling mixture from the fire, add them to it. Put into moulds to cool. Serve with a soft custard, made of one pint of milk, the yolks of the four eggs, one whole egg, and one-fourth of a cupful of sugar. Beat the eggs and sugar together; add the milk to them, and stir into the double-boiler until the mixture begins to thicken. When it looks as thick at the edge of the spoon as in the centre, it is done. Flavor with lemon or vanilla, and serve cold.

SAUCES.

Brandy Sauce.

After beating a cupful of butter to a cream, gradually beat into it two cupfuls of powdered sugar; then slowly add a gill of brandy. Set the bowl in which the mixing has been done into a basin of boiling water, and stir the sauce until it begins to grow creamy, — say for about two minutes. Grate a small quantity of nutmeg over it. Turn into a hot sauce-dish, and send to the table with the pudding.

Wine Sauce.

Beat a cupful of butter till it is creamy; then gradually beat into it two cupfuls of powdered sugar, and when this is done, add a gill of sherry by spoonfuls. Beat the mixture until it becomes a smooth, light froth; then set the bowl in a basin of boiling water, and stir for a minute and a half. Have the sauce bowl or boat heated by means of boiling water. When the sauce is finished, empty the bowl of water and put the sauce into it. Grate a nutmeg — that is, a part of one — over the sauce, and send to the table hot.

Clear Wine Sauce.

Use a cupful of sugar, a slight grating of nutmeg, a pint of water, the thin yellow rind of a quarter of a lemon, and half a cupful of wine.

Put the sugar, water, lemon rind, and nutmeg in a stew-pan, and boil gently for half an hour; then remove the lemon, and finish the work by adding the wine.

A good sauce may be made by using cider or orange juice instead of wine. In case cider be taken, no water should be used, — just a pint of cider, cooked with the other ingredients, as directed above.

Cold Sauce.

Beat half a cupful of butter to a cream, and gradually beat into it a cupful of powdered sugar. Flavor with anything you please. If wine, use three table-spoonfuls — to be beaten in gradually; if lemon or vanilla extract, a scant teaspoonful. Or the rind and juice of a fresh lemon may be used. As soon as the sauce is beaten to a cream, and the seasoning is added, it should be heaped lightly and roughly in the dish in which it is to be served, and placed in the ice-chest until serving-time.

Brown Cap Sauce.

Beat half a cupful of butter to a cream; then gradually beat into it one cupful of powdered sugar. When the mixture becomes light and creamy, beat into it the juice and grated rind of one lemon. Set the bowl in a pan of boiling water, and stir for two minutes.

Cream Sauce.

This sauce, which should be served hot, is made by putting a cupful of sugar and half a cupful of boiling water into a saucepan, and boiling rapidly for a quarter of an hour; beating a cupful of rich cream with a whisk or fork, and gradually beating it into the boiling syrup, at the end of the quarter of an hour; and finally flavoring with a generous teaspoonful of vanilla extract.

* Egg Sauce.

After beating the whites of three eggs to a stiff, dry froth, put aside the beater, and with a silver spoon gradually beat into the whites a cupful of powdered sugar. Add a teaspoonful of vanilla or lemon extract, or if you prefer, four table-spoonfuls of wine; then stir in the yolks of the three eggs. If the work be properly done, a delicious sauce will be the result.

There must be no failure to beat the whites until they are stiff and dry, nor to beat in the powdered sugar gradually, and with a spoon. This sauce should be used immediately; it will not do to let it stand.

Golden Sauce.

Beat one-third of a cupful of butter to a cream, and gradually beat into it a cupful of powdered sugar. Add the unbeaten yolks of three eggs, and after beating the mixture vigorously, add three table-spoonfuls of wine. Have the whites of the eggs beaten to a stiff froth, and stir them into the beaten mixture. Set the bowl in a pan of boiling water, and stir constantly for five minutes. Use at once.

A teaspoonful of vanilla extract, or the juice and grated rind of a lemon, may be substituted for the wine.

* Lemon Sauce.

Mix a table-spoonful of corn-starch with a quarter of a cupful of water. Stir this mixture into a cupful of boiling water, and boil for two minutes; then add the juice and rind of a lemon and a cupful of sugar, and cook three minutes longer. Beat an egg very light, and pour the boiling mixture over it. Return to the fire, and cook a minute longer, stirring all the while.

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* Use a lemon, a cupful of powdered sugar, two cupfuls of water, one table-spoonful of corn-starch, a saltspoonful of salt, half a teaspoonful of cream-of-tartar, and one egg.

Mix the salt, cream-of-tartar, and corn-starch with half a cupful of cold water. Pour a cupful and a half of boiling water upon this mixture and place the saucepan over the fire. Now add the yellow rind of the lemon, cut in thin shavings, and simmer for half an hour.

Beat the white of the egg to a stiff froth, and gradually beat into it, first the sugar, next the juice of the lemon, and finally the yolk of the egg. Strain the boiling mixture upon this one, and use the sauce at once.

When eggs are cheap use two or three, as they make the sauce very thick and handsome.

Lemon Cream Sauce.

Beat half a cupful of butter to a cream, and gradually beat into it one cupful and a quarter of powdered sugar. When the mixture is perfectly smooth and creamy, add the grated rind of one lemon and four table-spoonfuls of lemon juice. Beat for ten minutes, and then add a slight grating of nutmeg. Now place the bowl in a pan of boiling water, and stir the contents for two minutes. Take from the fire immediately, and turn into a warm sauce-dish.

Sabayon Sauce.

Beat together in a saucepan one cupful of powdered sugar and the yolks of six eggs. Beat until very light, and then add four table-spoonfuls of wine. Continue beating for three minutes longer. Now place the saucepan in another containing boiling water, and cook for six minutes, beating all the time. Serve the sauce at once.

The rind and juice of an orange or lemon can be used instead of the wine. This sauce is nice with any kind of hot pudding.

* Cinnamon Sauce.

Put a cupful of sugar and one of boiling water into a small saucepan, with a stick of cinnamon about four inches long, and boil gently for half an hour. Remove the cinnamon, and the sauce is finished.

Or, instead of the stick cinnamon, use a quarter of a teaspoonful of the ground spice. This gives a stronger flavor and darker color to the sauce.

* Nutmeg Sauce.

Mix together in a saucepan one heaping table-spoonful of corn-starch and one cupful of cold water. Pour over this mixture one cupful of boiling water, and place over the fire. Stir occasionally until it boils up; then add one cupful of sugar, one-fourth of a teaspoonful of salt, and one-third of a grated nutmeg. Simmer for half an hour; and after adding two table-spoonfuls of butter, strain, and serve hot.

* Strawberry Sauce.

Mash a quart of strawberries over which a cupful of sugar has been poured. Let the fruit stand for two or three hours. Ten minutes before serving-time put it into a stew-pan and on the fire. It should be heated simply to the boiling-point, and will then be ready for use.

Rub through a fine sieve enough preserved strawberries to make half a cupful, and stir the preserve into a quart of whipped cream. This is all the work required to produce a delicious sauce. It is well, of course, when you are to use it with imperial pudding, to whip the cream for the sauce at the same time you whip that for the pudding, — while the rice is cooking, — and put it into the ice-chest. A part of the cream will become liquid, but may be returned to a bowl and whipped again.

Raspberry preserve may be used for a sauce like this.

Beat the whites of three eggs (those left when making corn-starch pudding may be used) to a stiff, dry froth, and gradually beat in half a cupful of powdered sugar and half a cupful of preserved strawberries.

In case you have no strawberries, a nice sauce for the pudding may be made by substituting a table-spoonful of wine or a teaspoonful of lemon or vanilla extract. In that case use a cupful, instead of half a cupful, of sugar.

Put a pint of boiling water in a stew-pan. Mix a heaping table-spoonful of corn-starch with one-third of a cupful of cold water, and stir into the boiling water. Simmer for a quarter of an hour; then add a pint of strawberry preserve, and after stirring well, the sauce will be ready for use.

If canned strawberries be used, cook a cupful of sugar with the water and corn-starch.

* Molasses Sauce.

Put one cupful of water and half a cupful of molasses on the fire, and boil gently for three-quarters of an hour. Mix one table-spoonful of corn-starch with four of water and one of vinegar. Stir this mixture into the boiling molasses and water. Add two table-spoonfuls of butter, and simmer for a quarter of an hour longer.

* Chocolate Sauce.

Use a cupful of powdered sugar, one pint of milk, two eggs, one table-spoonful of corn-starch, one teaspoonful of vanilla extract, and two ounces of chocolate.

Reserve three table-spoonfuls of milk, and put the remainder on the stove in the double-boiler. Mix the corn-starch with the cold milk, and stir it into the boiling milk. Scrape the chocolate, and put it into a small frying-pan, with four table-spoonfuls of the sugar and two of hot water. Stir over a hot fire until smooth and glossy; then stir into the boiling mixture.

Beat the whites of the eggs to a stiff, dry froth, and gradually beat the sugar into this froth; then add the unbeaten yolks, and stir this mixture into that which is boiling. Cook for a minute longer, stirring all the while. On taking it from the fire, add the vanilla extract, and pour into a sauce-dish or a small pitcher. Serve hot or cold on the pudding.

This sauce is an especially nice accompaniment for cold corn-starch pudding. It should be served cold when used for that purpose.

Use one pint of milk, four eggs, half a cupful of sugar, one ounce of scraped chocolate, one-fifth of a teaspoonful of salt, and one table-spoonful of water.

Put all the milk but half a cupful on to boil. Put the chocolate, two table-spoonfuls of sugar, and the water into a small frying-pan, and stir over a hot fire until a smooth and glossy mixture is formed; then stir that mixture into the boiling milk. Beat together the yolks of the eggs, salt, and remainder of the sugar, and after adding the cold milk, pour the mixture into a double-boiler, and cook until it thickens, stirring all the while. From four to five minutes' cooking will be needed. Add the whites of the eggs, beaten to a stiff froth, and set the sauce away to cool. At serving-time turn the pudding out on a flat dish, and pour the sauce around it.

The sauce will be much improved if a pint of whipped cream be stirred into it at serving-time.

Iced Madeira Sauce.

The materials are: the juice of one orange, two table-spoonfuls of lemon juice, one gill of Madeira, the whites of two eggs, one cupful of sugar, and one of water.

Put the sugar and water in a stew-pan, and boil rapidly for fifteen minutes. Add half the syrup to the fruit juice and wine, and let the remainder boil for five minutes longer.

Beat the whites of the eggs to a stiff, dry froth, and gradually beat into it the hot syrup. Beat for about three minutes after the last of the syrup has been put in, and set away in a cool place. Freeze the fruit and wine preparation for ten minutes; then add the méringue, and beat well with the spoon. Cover the freezer, and set away until serving-time.

This sauce may be served with Marquise and frozen puddings, iced rice à l'Impératrice, Nesselrode, and other frozen puddings.

Iced Champagne Sauce.

Substitute half a pint of champagne for the Madeira, and make the same as the sauce just described.

Iced Rum Sauce.

Use the juice of two lemons and two oranges, two table-spoonfuls of rum, one cupful of sugar, one of water, and the whites of two eggs. Make the same as Madeira sauce.

Iced Orange Sauce.

Boil together, for ten minutes, one cupful of water, half a cupful of sugar, and the grated yellow rind of two oranges. Add to this preparation the juice of four oranges. Cool and freeze.

Boil three table-spoonfuls of sugar with three of water for two minutes. Beat this into the white of one egg that has been beaten to a stiff, dry froth. Stir this méringue into the frozen mixture, and the sauce will be ready to serve.

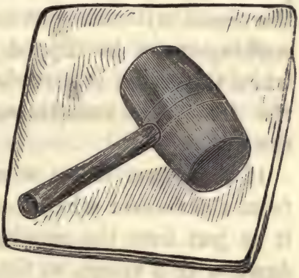
DESSERT.

FROZEN DISHES.

During hot weather dessert should be as light and cooling as possible. Nothing gives so much general satisfaction as, or is more healthful than, frozen dishes. Almost everything in the way of fruit can be frozen, and the variety of ice-creams that can be made is too great for enumeration. Once get into the way of preparing ices, and the work will seem as simple as that for the production of almost any other dessert, and the cost will be found less than one is likely to imagine. There is a right way and there is a wrong way to do everything; follow the directions given in this chapter for packing and freezing, and you will have no difficulty in attaining success.

The simplest kind of ice-cream is that made only of cream, sugar, and flavoring. A quart of cream mixed with a small cupful of sugar and two-thirds of a tablespoonful of vanilla, lemon, or orange extract will give a very satisfactory dish. Or a quart of strawberries may be sprinkled with a pint of sugar, mashed, and allowed to stand two hours; then put with a quart of cream, rubbed through a strainer, and frozen.

Almost any kind of fruit can be made very sweet, and frozen with water. The average proportions would be one pint of sugar to three pints of fresh fruit, or a quart of canned fruit, and one quart of water. The juice of any fruit can be combined with water and sugar, and then frozen. The more acid the fruit, the less the quantity required. For example, the juice of five large lemons, a pint of sugar, and a quart of water will make lemon sherbet, but for orange sherbet ten oranges are needed.



Mallet and Ice-bag.

Some preparation is necessary for the freezing. The ice must be broken into pieces about as big as a pint bowl, and then put into a canvas bag, and pounded with a mallet until these pieces are reduced to the size of a bird's egg, or entirely crushed. After adjusting in the freezer the can containing the liquid, pack around the can a layer of ice five inches deep. Sprinkle this freely with rock salt. Continue putting in these alternate layers of ice and salt until the can is full, pounding the packing with a paddle or stick of wood each time that salt is added. Turning the crank a few times will cause the ice to settle, and a little more should be added. Never draw off the water which forms in the tub, because it fills every crevice and gives the can a complete cold envelope. For a gallon freezer there will be needed about ten quarts of ice and three pints of salt. By using more salt the work may be done more quickly, but the cream will not be so smooth. At first the crank should not be turned fast, but the speed should be increased as the cream grows hard.

When the cream is finished, carefully wipe the bits of ice and salt from the cover of the can, and remove the cover without displacing the can. Remove the beater, scraping the cream from it, and work a large spoon up and down in the can until the space left by withdrawing the beater is filled, and the cream is light. Replace the cover, putting a cork into the hole from which the trunk of the beater was taken, and set the freezer aside for a while, — being careful, however, that it is kept in a cool place, and that the can is covered with ice, and a piece of carpet or a blanket thrown over it.

When serving-time comes, take the can from the tub, and place it for a few seconds — ten should be enough — in a pan of tepid water, and the heat will cause the cream to slip out easily upon a dish. If the can be placed in cold water it will take considerably longer, but the cream will come out smoother and firmer. If a large cooking-spoon be dipped for an instant into hot water when the cream is served, the cream may be taken from the freezer in smooth, egg-shaped portions, pleasing to the eye.

If the cream is to be moulded, it should be removed from the freezer when the beater is taken out; and when it is put into the mould, it should be worked up and down with a spoon, so that every part of the mould shall be filled. Place a sheet of white paper over it before putting on the cover, and then bury the mould in fresh ice and salt.

If the mould is to stand in the salt and ice for many hours, cut a strip of paper or cloth to fit round the cover where it joins the mould; spread this with soft butter or sweet mutton-tallow, and fasten it where the cover and mould join. This will keep out the salt water. Remove this, and wipe carefully before taking off the cover.

Philadelphia Ice-cream.

Genuine Philadelphia ice-cream is understood to be a composition of pure cream, sugar, and flavor. The cream may be rich or thin, but milk of poor quality will not answer. If the cream be exceeding rich it may be difficult to freeze and may contain grains of butter; so it should be made cold, before any other work is done, by keeping it in a pan of ice-water for half an hour. The cream furnished by city milkmen is not likely to be found too rich, but when one is supplied by a Jersey cow it is best to use half milk and half cream.

To make ice-cream, mix three pints of cream, a generous half-pint of sugar, and the flavor; and after letting the mixture stand for twenty minutes in the freezer, carefully packed in ice and salt, turn the crank for twenty minutes. The cream will then be hard and smooth. If vanilla be the flavor chosen, use a scant table-spoonful; if lemon, use a little more than half a table-spoonful. Or, instead of using lemon extract, one may put the juice and grated rind of two lemons into a stew-pan with the half-pint of sugar and half a cupful of water, and after boiling for ten minutes, strain the syrup, cool it, and add it to the plain cream. Of course, other flavors besides lemon and vanilla may be used.

Arrowroot Ice-cream.

For a gallon of ice-cream use one quart of milk, two quarts of cream, one pint of sugar, two table-spoonfuls of arrowroot, and a table-spoonful of vanilla. Any other flavor, however, may be used.

Mix the arrowroot with one cupful of the milk, and put the remainder of the milk into the double-boiler. When it boils, stir in the arrowroot and cook ten minutes, stirring frequently. Take from the fire, add the sugar, and set away to cool. When cold, add the cream and flavor, and freeze.

Gelatine Ice-cream.

For a gallon of ice-cream use two quarts of cream, one quart of milk, one pint of sugar, half a package of gelatine, and any flavor one may choose. This quantity would require a table-spoonful and a half of vanilla extract, or a table-spoonful of lemon or orange extract, two ounces of chocolate, and like quantities for other flavors.

Soak the gelatine for two hours in half a cupful of milk. Heat one cupful of milk, and stir the soaked gelatine and sugar into it. Stir for a minute, and then turn this into the remainder of the milk. Strain, and cool. Whip the cream, and add it to the cooled preparation. Put it into the freezer, and pack and freeze.

Chocolate Ice-cream.

Use one quart of cream, a pint and a half of milk, four eggs, two table-spoonfuls of flour, two cupfuls and three table-spoonfuls of sugar, one ounce of chocolate, and a table-spoonful of water.

Put the milk into the double-boiler, and place on the fire. Beat together the flour, two cupfuls of the sugar, and the eggs. When light, stir them into the boiling milk, and cook for fifteen minutes, stirring frequently. Scrape the chocolate, and put it into a small saucepan with the three remaining table-spoonfuls of sugar and a table-spoonful of water. Stir over a hot fire until smooth and glossy, and add this to the cooked mixture. Set away to cool. When cold, add the cream, and freeze.

Any other flavor may be used for this cream.

Coffee Ice-cream.

Use two quarts of cream, a pint and a half of boiling water, a pint of sugar, half a cupful of coffee, ground fine, and the yolks of four eggs.

Make the coffee in a small biggin, using the dry coffee and boiling water. Put the filtered coffee and sugar into a saucepan, and boil for twenty-five minutes. Beat the yolks of the eggs well, and then beat them into the syrup. Take from the fire, and beat for three minutes; then beat in a cupful of the cream, and cool. When cold, add the remainder of the cream, and freeze.

Neapolitan Ice-cream.

For this there will be required one quart of milk, one quart of cream, a cupful and a half of strawberry or raspberry juice, one ounce of chocolate, one table-spoonful of vanilla, one pint of sugar, the yolks of six eggs, and one teaspoonful of dissolved cochineal.

Beat the yolks of the eggs and three gills of the sugar together, and add half a cupful of milk to them. Put the remainder of the milk into the double-boiler, and place on the fire. When the milk boils, pour it on the egg mixture; pour this into the double-boiler, and cook for four minutes, stirring all the time. Take from the fire, and set away to cool. When cold, add the vanilla and the cream. Freeze for twenty minutes.

Have a tub in which will fit a three-quart mould; a brick or melon mould is best for this kind of cream. Have salt and ice ready for packing.

Scrape the chocolate, and put it into a small saucepan, with a gill of sugar and one table-spoonful of water. Stir over a hot fire until smooth and glossy; then add two more table-spoonfuls of water, and set back where the mixture will not cook any more. Put one-third of the frozen cream into a bowl, and beat the dissolved chocolate into it. When perfectly smooth, pack it in the mould, and pack ice and salt about the mould.

Put half of the remaining vanilla cream on the mixture in the mould. Add the cochineal to the fruit juice, and beat this into the remainder of the frozen cream. Spread this on the other creams in the mould. Cover closely, and set away for an hour or more. It will be better if the mould of cream can stand for two or three hours.

Biscuit Ice-cream.

Use two quarts of whipped and drained cream, four eggs, three-fourths of a cupful of sugar, three-fourths of a cupful of water, and one teaspoonful of vanilla extract.

Boil the sugar and water together for twenty-five minutes. Beat the whites of the eggs to a stiff, dry froth, and gradually beat into them the hot syrup. Beat the yolks well, and add them to the whites and syrup. Place the saucepan in another saucepan of boiling water, and cook for ten minutes, beating all the while. Set the preparation away to cool. When cold, add the vanilla, and mix the cream in lightly. Pack and freeze the same as a mousse. It will take three or four hours to harden.

Instead of the vanilla, any of the following-named flavors may be added: four table-spoonfuls of wine, one teaspoonful of rum, four table-spoonfuls of Maraschino.

The mould for a biscuit ice-cream may be lined with a sherbet, the same as for a mousse.

Chestnut Ice-cream.

Use two quarts of cream, a cupful and a half of sugar, the juice and rind of an orange, a cupful of water, a gill of wine, thirty French chestnuts.

Shell and blanch the chestnuts, cover them with boiling water, and cook for half an hour. Drain off the water, pound the chestnuts in a mortar, and then rub them through a purée-sieve. Put the sugar, grated orange rind, and water in a stew-pan, and place on the fire. Boil for twenty minutes; add the chestnut purée, and cook for five minutes longer. Take from the fire, and add the orange juice and wine. When cold, add the cream, and freeze. The wine and orange may be omitted.

Peach Ice-cream.

For about two quarts of frozen cream use one quart of sweet cream, one generous pint of ripe peaches, pared, mashed, and strained, one cupful and a half of sugar, and one-fourth of a teaspoonful of almond extract.

Mix the sugar with the strained peaches; then add the cream, beating it in gradually. Now add the almond extract, and freeze.

Here is another receipt: Use one quart of pared and quartered peaches, one quart of cream, one heaping cupful of sugar, and four table-spoonfuls of sherry.

Mix the sugar, cream, and sherry, and freeze for fifteen minutes, in which time the mixture should be smooth, but not very hard. Take out the beater, and stir in the peaches. Pack smooth, and set away in a cool place for an hour or two. Then turn out, and serve.

Unsweetened fruit would grow very hard if it stood long in a freezing temperature.

Blueberry Ice-cream.

Use one quart of large ripe blueberries, one quart of cream, one cupful of sugar, and one teaspoonful of vanilla extract.

Freeze the cream for fifteen minutes. Remove the beater, and stir in the blueberries. Pack in a mould or in the freezer, and let it stand for an hour or more.

MOUSSES.

A mousse is a dish that is made with whipped cream, and frozen without being stirred. When the frozen mass is cut into, it has a texture like the fine moss found in deep woods. Among the definitions given for the word "mousse" are "mossy, froth, foam;" hence the name. The dish is really a mossy froth. The labor of preparing this dish is slight, but it takes a long time to harden. In making a mousse, the first step is to whip the cream and drain it, for if there be any liquid cream in the mousse it will not be perfect. Now pack the mould in salt and ice, using five pints of salt for a gallon mould. Finish the mousse preparation, and put it into the mould; cover and set away for four or six hours. Six hours is always best. If the mould be lined with white paper, the mousse will have a smoother and handsomer appearance when turned out on a dish, but it takes a little longer to freeze. It is a great improvement to line the bottom and sides of the mould with a sherbet that will combine with the flavor of the mousse.

To line the mould with the sherbet, have the sherbet frozen smooth, but very soft. If it happens that it has frozen too hard to spread easily, beat it in a bowl until smooth and soft. Spread this in the packed mould, and then fill with the mousse preparation. For the Neapolitan and fruit mousses, a lining of Roman punch is suitable, though any of the fruit sherbets may be used. Coffee mousse may have a lining of coffee ice.

Remember that a mousse is not good unless it be properly frozen; and it is necessary to begin the freezing so early that there may be from four to six hours for freezing.

Chocolate Mousse.

Pack a three-quart mould the same as for a Neapolitan mousse. Whip a quart of cream in the same manner, but be very careful that no liquid cream is put into the mould. To guard against it, drain the whipped cream well. Scrape fine an ounce of chocolate, and put it into a small frying-pan, with three table-spoonfuls of sugar and one of boiling water. Stir over a hot fire until smooth and glossy, — that is, for about a minute; then add six table-spoonfuls of whipped cream to it, and stir into the dish of whipped cream. Add a scant cupful of sugar, and stir gently until the ingredients are well mixed. Turn the mixture into a mould, which has previously been packed in salt and ice until thoroughly chilled, and cover it; and after throwing a piece of carpet over the tub, set away in a cool place for four hours. Turn out the same as the Neapolitan mousse.

The materials required are: one quart of cream, one cupful of sugar, one ounce of chocolate, two quarts of coarse salt, and about fifteen pounds of ice.

Strawberry Mousse.

Mash well in a bowl, with a spoon, a quart of strawberries and a pint of sugar. Let this stand for two hours, and during the same period soak a quarter of a package of gelatine in a quarter of a cupful of cold water. At the end of the two hours pack a three-quart mould or a gallon mould in two quarts of coarse salt and enough ice to bring the packing up to the cover of the mould. Rub the crushed strawberries through a strainer. Pour one-third of a cupful of boiling water upon the soaked gelatine, and when the latter has become dissolved, put it with the fruit. Set the basin containing this mixture in a pan of ice-water, and stir until the contents begin to thicken; then add three quarts of whipped cream, stirring gently. When the mixture is smooth, turn it into the mould, and lay over it a sheet of soft white paper. Put on the cover, and coat the edge with melted suet, which will keep out the salt water. Add a pint of salt to the packing, together with enough ice to cover the mould completely. Let the mousse stand for four hours in a cold place. At serving-time remove the mould from the ice, and after wiping off the suet and any particles of salt, dip it into tepid water. In a moment remove it, and wipe it carefully; then turn the mousse out on a flat dish. It should be cut in smooth slices as it is served.

Peach Mousse.

The fruit must be very ripe. Peel and slice enough to make a quart. Rub it through a sieve; and after adding a pint of sugar, and mixing well, add two quarts of whipped cream. By some people it may be considered an improvement to add, also, two table-spoonfuls of Maraschino or wine. Heap the mousse lightly in a three-quart mould, or the can in an ice-cream freezer, which has been packed in salt and ice. Cover with ice and a piece of an old blanket or carpet. About twenty pounds of ice and two quarts of salt will be required for the packing. Let the mousse stand for four hours. At serving-time dip the mould into blood-warm water for a moment, and turn out on a flat dish.

Coffee Mousse.

Use half a cupful of coffee, ground fine, three gills of boiling water, one cupful of sugar, the yolks of four eggs, and four quarts of whipped and drained cream.

Filter the coffee in a small biggin, pouring it through the filter a second time. Beat the yolks of the eggs and sugar together, add the coffee to them, and cook in the double-boiler for four minutes, stirring all the while. Take from the fire, and place in a pan of water to cool, stirring frequently. Pack a gallon mould, using five pints of salt, and ice enough to pack solidly. Mix the custard gently with the whipped and drained cream. Put the preparation into the mould, cover closely, and put away in a cold place for from four to six hours.

Caramel Mousse.

Use three quarts of whipped and drained cream, three gills of sugar, one gill of water, one of milk, two eggs, and two table-spoonfuls of gelatine.

Soak the gelatine in the milk for two hours. At the end of that time put one gill of sugar in a small saucepan, and stir over the fire until it becomes liquid, and turns a dark brown. Now add the gill of water, and simmer until the sugar is dissolved again, — it will take about fifteen minutes. Beat the eggs and the remainder of the sugar together, until very light. Put this mixture into the double-boiler, with the soaked gelatine and the milk. Cook for five minutes, stirring all the time. Take from the fire, and add the caramel. While this mixture is cooling, pack a plain mould in salt and ice.

Now beat the cooled mixture until it is frothy. Should it have become so cold that it is jellied before the mould is packed, place it in a pan of warm water for a minute, and stir until it is liquid. Now beat until it is frothy; gently stir the whipped cream into this. When the custard and cream are combined, turn the mixture gently into the mould. Cover, and set away in a cold place for four hours.

Neapolitan Mousse.

The materials needed for this dish are: one quart of cream, one-third of a package of gelatine, one teacupful of sugar, four table-spoonfuls of wine, half a pound of candied cherries, two-thirds of a cupful of water, two quarts of coarse salt, and about twelve pounds of ice.

Pack a three-quart mould in salt and ice. Now whip one quart of cream to a froth, and skim it into a pan which is set in another of ice-water. When nearly all the cream is whipped, return to the pail the cream that has turned liquid, and whip again. When all the cream is whipped, sprinkle into it one teacupful of sugar and four table-spoonfuls of wine. Pour one-third of a cupful of boiling water on one-third of a package of gelatine which has been soaked in one-third of a cupful of cold water for two hours. When the gelatine is dissolved, pour it over the whipped cream, and stir until the mixture begins to thicken; then pour a portion into the mould, and sprinkle in a layer of French candied cherries, cut in halves. Now pour in more cream, and then use more cherries. Continue in this way until all the materials are used. Cover the mould, throw a piece of carpet over the tub, and set away for three hours. At serving-time drop the mould into blood-warm water; then wipe it, and turn on a flat dish.

In packing, the mould must be placed in a wooden bucket. A gallon ice-cream freezer answers very well, as it does not matter if the mould holds more than three quarts.

Biscuit Tortoni.

Use a generous gallon of whipped and drained cream, one cupful of powdered sugar, one of water, the yolks of five eggs, half a cupful of dried and powdered macaroons, two table-spoonfuls of blanched and chopped almonds, four table-spoonfuls of sherry, two of candied cherries, and one-eighth of a teaspoonful of almond extract.

Boil the sugar and water together for twenty minutes. Beat the yolks of the eggs well, and stir them into the hot syrup. Place the basin which contains the syrup and eggs in another of boiling water, and cook for five minutes, beating all the while. When done, set away to cool. Put the powdered macaroons into a chopping-tray with the chopped almonds; add the cherries and chop until the cherries are very fine, — if chopped alone, they would become sticky and cling together. Add the wine and almond extract to the cold egg preparation; stir this mixture gently into the whipped cream, and sprinkle in the chopped fruit and macaroons.

Have a gallon mould or freezer packed in salt and ice. Turn the preparation into it; cover, and add more salt and ice, and place a piece of carpet or blanket over the tub. Set away for from four to six hours. Serve with an iced sauce.

Use about five pints of salt in packing and ice enough to pack very solidly. The mould may be lined with Roman punch or sherbet as for mousse. In that case no sauce will be required.

SHERBETS.

Sherbets — or water ices, as they are commonly called — are made of fruit juice, sugar, and water. The simplest are made by mixing the sugar, water, and fruit juice together. A richer and smoother ice is obtained by boiling the sugar and water together, then adding the fruit juice, and when the mixture is cool, freezing it. It takes nearly twice as long to freeze the preparation when made in this way as when made with the uncooked mixture.

When sherbets are frozen in a patent freezer they are rather light and somewhat creamy. Many people consider this an objection. When a more watery appearance is desired the sherbet is frozen in the old-fashioned freezer, and stirred and beaten with a long wooden paddle, called a spatula. Whichever way the sherbet is frozen, the packing must be the same as for ice-cream.

Sherbets are usually served at the end of a dinner, but they are sometimes served before the game instead of a sorbet or Roman punch. Sherbet may be served in glasses, in orange baskets, or in fancy paper cases. It also is served in moulds. Sometimes it is combined with ice-cream; the mould is packed about one-third full of sherbet, and is then filled with ice-cream. Or the cream may be packed first, and the layer of sherbet placed on top.

Orange Sherbet.

Mix together one pint of orange juice, the grated yellow rind of two oranges, and the juice of two lemons. Let this mixture stand for one hour; add one quart of water and a pint of sugar; strain, and freeze.

Or the sugar and water may be boiled together for twenty minutes, the strained fruit juice added to this, and when the preparation is cold, it may be frozen.

Lemon Sherbet.

Use half a pint of lemon juice and the grated yellow rind of two lemons, one pint of sugar, and a scant quart of water.

Make the same as orange sherbet. Raspberry, strawberry, cherry, and other sherbets are made the same as the orange sherbet.

Blackberry Sherbet.

These are the ingredients required: three quarts of blackberries, one quart of water, one pint of sugar, and the juice of four lemons.

Mash the fruit and sugar together, and let the mixture stand for one hour; then add the water, and place it on the fire. Cook for twenty minutes after the liquid begins to boil. At the end of that time strain and cool; and when cool, freeze.

Currant Sherbet.

Put a pint of sugar into a quart of boiling water, and boil for half an hour; then add a pint of currant juice and the juice of two lemons. When cold, freeze.

Roman Punch.

The materials required are: the juice of six large lemons and of one orange, one pint and a gill of sugar, one quart and a gill of water, one gill of sherry, two table-spoonfuls of Jamaica rum, and the whites of four eggs.

Boil together one quart of water and one pint of sugar for half an hour; add the fruit juice and set away to cool. When the mixture is cold, put one gill of sugar and one gill of water in a small saucepan, and place on the fire; boil for fifteen minutes. While the syrup is cooking, beat the whites of the eggs to a stiff, dry froth. Beat the hot syrup into this, pouring it into the saucepan in a thin stream, and beating all the time. Beat this mixture for about four minutes after all the syrup has been added, and set away to cool.

Now pack the punch mixture. Freeze for twenty minutes, turning the freezer all the while. At the end of that time remove the cover and take out the beater. Now add the wine, rum, and méringue. Beat well with a spoon, mixing the new ingredients thoroughly with the frozen preparation. Cover, and set away until serving-time. Serve in glasses, if convenient.

The ingredients are: one quart of water, one pint of sugar, the juice of six lemons and of one orange, one gill of strong green tea, and a gill of rum.

Boil the water and sugar together for twenty minutes; add the fruit juice and tea, and set away to cool. When cool, freeze; when frozen, beat in the rum. This rule gives a much stronger punch than the first.

Sorbets.

Make any kind of sherbet and half freeze it, and you have a simple sorbet. Generally, however, wine, rum, or some kind of cordial is added when the mixture has been frozen. Serve in glasses before or after the roast. The sorbet should be frozen only twelve or fifteen minutes.

The finest kinds of sorbets are those made with the juice of several kinds of fruit. Here is a good rule: —

Boil together, for twenty minutes, one pint of sugar, one quart of water, and one pint of chopped pineapple. Add to this preparation one gill of lemon juice and half a pint of orange juice. When cold, strain and freeze.

GRANITES.

Granites are a rough kind of sorbets. They are made of fruit juice, sugar, and water. When the small fruits are in season, some of the whole fruit frequently is added to the frozen preparation when it is served. Granites (unlike sherbets or sorbets, which must have a smooth grain) must be frozen without beating or even much stirring, as the design is to have a rough icy substance. This is peculiarly grateful to the palate in the midst of a dinner. Any kind of fruit juice may be used, or the juices of various kinds of fruit may be combined.

Raspberry Granite.

This is made of three quarts of raspberries, the juice of three lemons, one pint of sugar, and a quart of water.

Boil the sugar and water together for twenty minutes; then add the lemon juice and the juice of two quarts of the raspberries. Set the liquid away to cool, and meanwhile pack a freezer the same as when ice-cream is to be made. Pour the cooled mixture into the freezer, and after putting on the cover, throw a blanket or a piece of carpet over the freezer, and set away in a cool place. After an hour has passed, scrape the frozen mixture from the sides of the can; but do not beat it, as the design is to have a mass soft in some places and full of icy particles in others. About an hour and a half will be required for freezing the dish. At serving-time stir in the third quart of berries, and send the granite to the table in sorbet glasses.

Orange Granite.

Put a quart of sugar and a quart of boiling water into a stew-pan, and set where they will boil rapidly for twenty minutes. Pare twelve large oranges, and free them of every particle of white skin; then separate them into sections, and remove the seeds. Put the fruit into the boiling syrup, and allow it to remain over the fire for five minutes; then remove the stew-pan, and after cooling the contents, drain the syrup into the tin can of the ice-cream freezer. Pack the can in the tub, using powdered ice and two quarts of salt. Set away for three hours; but during that period open the can three times for the purpose of scraping the frozen syrup from the sides. Be careful not to stir any more than is necessary, for the mixture should freeze coarse and icy. At the end of three hours add the oranges, and serve in glasses.

Coffee Granite.

Put half a cupful of fine-ground coffee into a biggin, and pour upon it — a little at a time — a cupful and a half of boiling water. When this has passed through the filter, pour it back and filter it again. After the second time, set the coffee away to cool. Put a pint of sugar and a pint of boiling water into a small stew-pan, and boil the mixture rapidly for twenty-five minutes. Add the coffee to it, and set the liquid away to cool. When it has become cold, add three pints of cream, and pour into the can of an ice-cream freezer. Pack with fine ice and five pints of salt. When the dish has stood for half an hour, open the can and scrape the frozen mixture from the sides, mixing it with the soft part. Continue to do this at intervals of a quarter of an hour until the mixture becomes thick and icy. About an hour and a half will be needed for the freezing. Remember that no beating is required, as the dish should not be smooth or creamy. Serve in sorbet glasses in the middle of a luncheon or dinner.

Frozen Raspberries.

Use two quarts of raspberries, one pint of sugar, the juice of one lemon, and one pint of water.

Mash the raspberries and sugar together, and let them stand for two hours. At the end of that time add the water and lemon juice. Freeze the same as ice-cream.

Blackberries are very good when frozen in this manner. The juice of three lemons should be added.

Strawberries may be frozen in the same way as raspberries.

Frozen Peaches.

For eight persons use one pint of sugar, one of boiling water, and two quarts of ripe peaches, pared and sliced.

Put the water, sugar, and half a dozen cracked peach stones in a stew-pan, and boil for a quarter of an hour; then rub the peaches through a purée sieve, and strain the hot syrup on them. Stir well, and then cool. When cold, freeze.

Apricots and pears may be frozen in the same way as peaches.

Frozen Apples.

Put two quarts of water and a pint of sugar on to boil in a large stew-pan. Boil for a quarter of an hour, and then add ten large tart apples, pared, quartered, and cored. Cook until the fruit will mash readily, — say about half an hour; then break up with a spoon, and put away to cool. When cold, freeze like ice-cream. The mixture will be light and creamy when finished, and makes a pleasing and cheap dessert, for a change. But neither apples, peaches, nor apricots have character enough to afford satisfaction if served very frequently in this way.

The juice of three oranges is a great improvement if added to the mixture before freezing.

FROZEN RAW FRUITS.

Any kind of soft ripe fruit may be frozen raw. These fruits are not to be frozen hard, so the time that they are kept in the freezer must not exceed two hours. The less sugar there is with the fruit, the quicker will it freeze. These fruits may be served at the beginning of a dinner or luncheon, or in the middle of a dinner, instead of a punch or sorbet. They are served also at the beginning of fashionable breakfasts.

Frozen Watermelon.

Cut a watermelon into long strips. Remove the seeds, and cut off the green rind. Now cut the pieces of melon into two-inch squares. Place these in a freezer, and pack in salt and ice. Let the fruit stand for about an hour, as it is not to be frozen solid. Serve heaped in a glass dish.

The pieces of melon may be sprinkled with sugar and wine when they are put in the freezer.

Frozen Cantaloupe.

Wipe the melon, cut it in two lengthwise, and remove the seeds. Now cut the fruit into long strips. Sprinkle sugar and cinnamon on it, — one table-spoonful of cinnamon and six of sugar. Put these strips of fruit in the freezer, and pack in salt and ice. Let the freezer stand for an hour and a half. Serve the cantaloupe on a napkin. The seasoning may be omitted.

Frozen Oranges.

Pare one dozen sweet Florida oranges. With a sharp knife, cut the fruit in thin slices, beginning at the stem end. Sprinkle over these one cupful of sugar. Put in the freezer, and keep packed in salt and ice two hours.

Frozen Oranges and Bananas.

Add three pared and thin-sliced bananas to one dozen pared and sliced oranges. Sprinkle a cupful of sugar over the fruit, and let it stand packed in salt and ice for two hours.

Frozen Peaches.

Pare and halve ripe peaches. Over two quarts sprinkle one cupful of sugar. Put in the freezer, and pack in salt and ice. Let them stand for two hours. Serve in a glass dish.

Canned peaches and apricots may be frozen in the same manner.

DESSERT FRUITS.

The ability to group fruits in such a manner that they shall be beautiful pictures, as regards both color and form, is not given to every one. It is only an artistic eye and touch that can make a large dish of mixed fruits a thing of beauty. The arrangement of the fruit is, however, not all that is necessary to make it refreshing and satisfying. It should be of good quality, and perfectly ripe. All fresh fruits are better for being cold. Watermelons, cantaloupes, and grapes are not fit to serve unless thoroughly chilled. All other fresh fruits are improved at least fifty per cent by standing in the refrigerator for a few hours before serving-time. Apples, peaches, pears, etc., should be wiped with a soft cloth. Small fruits never should be washed, unless — as is frequently the case with strawberries — they be sandy. In that case put them (unhulled, if strawberries) into a wire basket or the colander, and pour cold water over them. Let them drain in the basket, and hull them just before serving-time.

Watermelon.

Keep the melon on ice at least twelve hours before it is served, — better twenty-four. Wipe it with a soft towel. Cut a slice from each end, and then cut the melon in two across the centre. Cover a large flat dish with either grape, fig, or mulberry leaves, and place the halves of the melon on this green bed. When cut in this manner, the melon is served in spoonfuls, which should be scooped out symmetrically.

Another way is to cut off the ends as before; then cut the melon in two in the centre, having the dividing line scalloped; the points of one part, of course, fitting into the notches of the other. Then, when the two pieces are placed on end on a dish (that is why a slice is cut off at the start), the upper part of each will be prettily pointed. Serve in long slices.

Still another way is to serve the melon in round slices. It is the most convenient, but the least attractive of the three modes.

Cantaloupe.

Chill the melon, wipe it, and cut it in two lengthwise; then remove the seeds. Now cut it in long strips, running the knife in the grooves. Cover a platter with fig, grape, or any other broad leaves. Arrange the pieces of cantaloupe on this bed, rind side down. Serve salt with the fruit.

Pineapple.

Pare the pineapple, and with the point of a knife cut out the eyes. Cut the fruit in thin round slices, and chill on the ice. At serving-time sprinkle with sugar, and arrange in a glass dish.

Another way is to cut the fruit into cubes, and sprinkle with wine, using one gill of wine to a quart of the fruit. Chill the pineapple, and then sprinkle with four tablespoonfuls of sugar. Heap in a mound in a glass dish. If the leaves of the pineapple be green and pretty, place them in the centre of the mound.

A gill of orange juice may be substituted for the wine.

Strawberries and Raspberries.

Strawberries and raspberries should be heaped in a pretty glass or china dish. Garnish with some of their own green leaves. Never sprinkle sugar on them. Fine ripe strawberries are often served with the stems on. In this case a small dish of powdered sugar must be served to each guest with the saucer of strawberries. The strawberries are then taken in the fingers by the stem, and dipped in the sugar. Only strawberries of the finest quality should be served in this manner.

Blueberries and Blackberries.

Blueberries and blackberries are always more effective in a pretty china dish than in glass. When they are served in glass, garnish the border with green leaves if possible. Some of the large plates that can be found in all the Japanese stores are nice to serve these berries in. The large shallow bowls found in the same places also are appropriate for this purpose.

Oranges and Bananas.

Peel and slice six oranges, cutting lengthwise, and add to them three bananas, peeled, and cut in thin slices. Sprinkle with four table-spoonfuls of sugar. Chill in the refrigerator, and serve in a glass dish.

Crystallized Fruit.

Wipe bunches of grapes dry and clean, and pare sweet oranges and divide them into sections. Beat the whites of two eggs to a stiff froth, and beat two table-spoonfuls of cold water into this froth. Dip the fruit into it, and then roll it in granulated sugar. Place on a platter, and set in a warm oven for three minutes; then put away to cool.

Any kind of fruit may be prepared in this manner. Serve in a fruit-dish. If you have any green leaves, put a few with the fruit.

Two Ways of Serving Currants.

During the summer and fall there is nothing better for dessert than fresh fruit, served in its ordinary state, or with sugar, or frozen, or in jellies. A pretty way to serve currants is to fill the centre of a large glass dish with broken ice, and tastefully arrange fresh currant leaves around the ice, making a handsome bed on which to place bunches of the fruit. Each person at the table should be provided with a little powdered sugar, in which to dip the currants before eating them from the stem.

Another nice way of serving this fruit is to dip it in the beaten white of an egg and then in sugar, and let the coating get dry before serving the currants. This produces a pretty effect, though the fruit will not be so fresh and cool as when laid on ice.

Peaches.

Peaches should be pared and cut in halves. Arrange them in a dish, and sprinkle with sugar, not more than three table-spoonfuls to two dozen peaches. Serve at once, as they grow dark if allowed to stand long after being pared. They can be chilled before being pared and cut.

When cut peaches are served for dessert, a spoonful of some kind of cordial is sometimes poured over them. It is best to let the guests do this themselves, since it would spoil the dish for some people.

Apricots are served the same as peaches.

Cherries.

Cherries should be heaped in a large dish. They should be in clusters if possible. Put green leaves here and there on the dish. When served for breakfast they may be arranged on a dish of broken ice.

Combinations.

Combinations of fruits are made in this way: Use a large rather flat dish; it may be high or low. Put a tumbler in the centre of the dish, open side up, and drape it with ferns or moss. Put a small but handsome pineapple on the tumbler. Now arrange apples, oranges, and bananas on the dish, being careful to reserve the finest fruit for use later. Now build up with pears, grapes, — two or three colors, — bananas, apples, and oranges, and also plums, if in season. Insert a few green leaves between the pieces of fruit. The dish must look light and rather carelessly arranged, but the fruit must be so placed that there shall be no danger of its falling. If the bottom of the dish be covered with soft moss the fruit may be more easily managed than on a smooth surface. The real moss can be obtained at the florists if one does not live near the woods, or the artificial moss may be used. In arranging this dish of fruit be careful to combine the colors tastefully. The insertion of a bit of green between two colors that do not harmonize makes a remarkable improvement.

One need not feel restricted to the use of the fruits mentioned. Use any kinds that are at hand. Mandarin oranges are frequently used with good effect, their rich color adding much to the attractiveness of the table.

A dish of fruit with ice is a pleasing feature on a summer table. Use a very large Japanese plate and one of the small Japanese bowls, — a square one being the best for this purpose. Place the bowl in the centre of the dish, and arrange the fruit around it. Fill the bowl with broken ice. Put long sprays of fern in the bowl near the edge, letting them droop over the fruit. The ferns for this decoration should be delicate.

In the winter, when one cannot get green leaves with which to decorate dishes of oranges, apples, pears, etc., the mountain laurel leaves will be found very effective. One can get large bunches of them early in the winter. They should be kept in a large jar with plenty of fresh water. Sprinkle them once a week. A few bright flowers in a large bunch of these leaves make a handsome decoration for table or sideboard. This laurel abounds in the woods of Connecticut and Western Massachusetts. It is sold in the New York markets at Christmas time. Holly makes a pretty decoration for fruit; indeed, any of the broad-leaved evergreens are desirable in winter for this purpose.

Serving Nuts.

Nuts, when to go with raisins, are usually served in the shells. When the shells are hard, like those of walnuts, they should be cracked before being served. There is a variety of tastes in regard to almonds, which are sometimes served in the shell, sometimes shelled but not blanched, and sometimes blanched. When they are served in the shell the paper-shell almonds should be used. Blanching the almond changes its flavor somewhat, and really spoils it for a dessert nut if it be served without any other preparation. The raisins should be in handsome clusters, and the nuts should be sprinkled among them.

Salt is often eaten with filberts. It is well to have it on the table when nuts of any kind are served.

Almonds are cooked in various ways and served with dessert. French chestnuts are roasted and served with salt.

Small fancy cakes, confectionery, French candied fruit, preserved ginger, etc., are served for dessert.

Salted Almonds.

Shell a quantity of almonds, and blanch by pouring boiling water over them, letting them stand in it for a moment, then throwing them into cold water, and finally rubbing them between the hands. For each cupful of nuts that is put into a bowl, add a table-spoonful of melted butter or of salad oil. Stir the almonds well, and let them stand for an hour; then sprinkle with salt, allowing a table-spoonful for each cupful of nuts. Put the almonds in a clean baking-pan and into a moderate oven, and let them bake — giving them a stirring occasionally — until they turn a delicate brown. In about a quarter of an hour they should be crisp. They may require a slight sprinkling of salt as they come from the oven. They should be placed on the table at the beginning of the dinner, and served with the crackers and cheese.

Sugared Almonds.

Blanch one cupful of almonds. Put half a cupful of boiling water and half a cupful of sugar into a saucepan. Place on the fire and boil for fifteen minutes; then add the almonds, and boil for about five minutes longer, stirring all the time. When the sugar grains, turn the almonds on a dish to cool.

Glazed Almonds.

Blanch and cook the nuts the same as sugared almonds. Continue the cooking after the sugar grains until it begins to brown. Now add a gill of boiling water, and continue cooking until all the water has evaporated. The almonds will then be a rich dark brown. Spread them in a shallow pan, and let them dry in the oven.

Caramel Almonds.

Blanch a cupful of almonds, and add to them two table-spoonfuls of melted butter. Place the cup on the back of the range for an hour. At the end of that time drain the nuts, and spread in a shallow pan. Cook them in a moderate oven for about fifteen minutes. Put three table-spoonfuls of sugar in a small frying-pan, and stir over the fire until the sugar turns liquid. Instantly add the browned almonds, and stir for half a minute. Spread them on a platter to cool.

Iced Fruit.

Put in a saucepan one cupful of sugar, half a cupful of boiling water, and half a saltspoonful of cream-of-tartar and boil for fifteen minutes. Take a drop of the syrup on the point of a skewer, and after dipping it in cold water, roll it between the fingers. If it forms a soft ball the syrup is cooked enough. If, however, it melts away, the syrup must be cooked a little longer and a drop of it be tested again. A minute's extra boiling makes a good deal of difference. When the syrup is done, pour it into a dish, and let it stand until you can bear your hands in it. Stir it until it begins to thicken; then work it with the hands until a smooth, soft paste is formed. It may harden at first, but it will soften with the working. When it is smooth and slightly elastic, it is ready for use.

Have at hand some nuts, grapes, sections of oranges, etc., free of moisture. Oil a platter lightly with washed butter. Put some of the creamed sugar in a small saucepan or bowl. Place this in a pan of boiling water, and let it stand on the fire until the cream is melted. With a pair of confectioners' tongs or sugar-tongs, dip the fruit — one piece at a time — in the icing, and then lay it on the oiled dish. All the creamed sugar may be used at once, or a part may be put aside for use another time.

Roasted Chestnuts.

Wash some French chestnuts. Make a slit in one side of the shell, that it may be opened readily. Put the nuts in a stew-pan with boiling water enough to cover them, and boil for ten minutes. Now drain them, and spread in a dripping-pan. Bake in a hot oven for ten minutes, and serve at once in a folded napkin.

Salt is sometimes eaten with these chestnuts. They must not be allowed to cool when taken from the water before they are put into the oven.

Although the simplest form in which French chestnuts are served, this is also the most satisfactory. Too much cooking makes them tough and soggy.

JELLIES.

Jellies are so much used on the every-day table and in the sick-room that it is essential that every housekeeper should understand how to make them easily. Before gelatine was made so good and sold at such reasonable prices many other substances were generally used for the sake of the gelatine they contained. Calves' feet, which are still used a great deal, were the principal substance employed; but pigs' feet, pigs' skin, sheep's feet, cows' feet, etc., were common ingredients in these jellies. Of course, jellies made with foundations of this description had to be carefully cleared. Jelly-making in these days was a matter of much labor and time.

With good gelatine the making of a jelly to-day is the work of a few minutes, unless one wish to have a sparkling jelly. Even in that case the whole time employed in making it need not exceed three-quarters of an hour.

Gelatine has some peculiarities which many housekeepers do not understand. If it be kept for a long time in a warm place, say where the temperature is from 110° to 150°, a disagreeable odor and flavor will be developed.

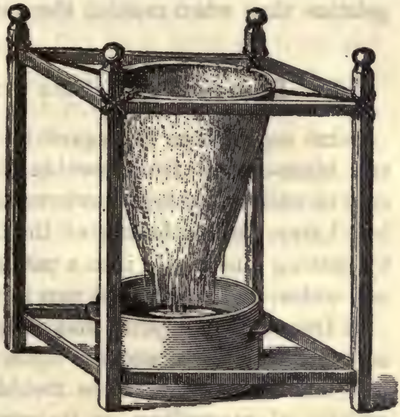
Many housekeepers cover gelatine with water, and place it on the hearth or on the back part of the range to dissolve slowly. Such gelatine will nearly always be found to have a strong odor and flavor, spoiling whatever it is mixed with. Gelatine should always be soaked in cold water and in a cool place.

In making jellies, if the gelatine be soaked for two hours or more in its own volume of cold water, and then dissolved in hot water, and there be added to this liquid some pure granulated or loaf sugar and wine or clear fruit juice, a clear jelly will be the result, if it be strained through a flannel or a napkin. The sugar must, of course, be fully dissolved; and it is a good plan to place the bowl containing the preparation in a pan of boiling water, and stir the mixture over the fire until it looks clear; then strain.

To Clear Jellies.

When a sparkling jelly is desired it must be cleared with the white of egg. This is a simple operation, but it is easy to make a failure of it.

For three pints of jelly use the whites of two eggs. Beat them until they are light; but the beating must cease before a stiff, dry froth is formed. Add one cupful of the jelly to them, and beat for a minute longer. Stir this into the jelly, and place the liquid on the fire where it will heat slowly. When it begins to bubble set the stew-pan back where the jelly will keep at the boiling-point for half an hour. Keep the stew-pan covered. At the end of the half-hour pour the jelly through a fine strainer. Dip a flannel bag in hot water, and after wringing it, fasten it to a frame similar to that shown above. Place a bowl under it.


Jelly-strainer.

Pour the jelly into the bag, and let it filter through into the bowl. It will be found to be clear and bright.

There are two causes of failure in clearing jellies. The white of the egg is apt to be beaten so dry that it does not mix with the liquid, or to be beaten so little that the greater part of it hardens in a smooth mass, which cannot clear the liquid because there are so few rough points to which the impurities may cling. The egg must be beaten so well that it is broken into minute particles, but at the same time it must be so loose that the particles will separate readily in the liquid. The second cause of failure is letting the jelly boil rapidly. It must only bubble, and be kept at the boiling-point for at least half an hour.

When jellies are cleared with the white of an egg they are never so firm nor of so rich a flavor — providing the same quantities of material are used — as when they are made without clearing. It is best to use a little more gelatine than when making the uncooked jelly.

Removal of Jellies from Moulds.

Some suggestions in regard to the removal of jellies and blanc-mange from moulds may be acceptable. It may be well to say first, however, that if either be wanted in a hurry, the hardening of the liquid may be hastened by putting the mould into a pan, surrounding it with ice and water, and setting the pan in a cool place.

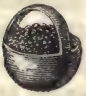
It frequently happens that jelly or blanc-mange splits as soon as it is turned out upon a dish. This is owing to one of two things: the mould is moved during the process of congealing, or its contents are jarred when being removed to a plate. While blanc-mange or jelly is in a liquid state it does no harm to move it, but after either has become partly hardened, a slight jarring is almost certain to result in a split when the time comes for turning out and serving. Heat some water to the temperature of about 105°, and dip the mould into it. There should be enough to come to the brim. Keep the mould in the water long enough to melt the congealed substance slightly. If the mould be tin, half a minute will be time enough; if it be earthenware, from one to two minutes will be needed. Wipe the mould carefully on lifting it from the water, and, tipping a little to one side, loosen the edge of the contents with a knife. Now place a flat dish over the open part of the mould, and turn dish and mould simultaneously. Hold both in that position for a moment, and gently raise the mould. A little practice will make one perfect.

Moulding and Serving Jellies.

The manner in which jellies are moulded and served adds a great deal to the attractiveness of the table. Any kind of ripe, well-flavored fruit may be imbedded in a mould of jelly. Pour a thin layer of the jelly in the mould, and let it harden. Put in a layer of fruit, and wet it with some of the liquid jelly. Let this stand until it hardens; then cover with jelly, and when this is hard, put in another layer of fruit, and proceed as before. Various colored jellies may be combined in layers; or the first layer may be allowed only partially to cool, and when the second is poured in, it should be by spoonfuls. This will give marbled jelly.

Two kinds of jelly, like a pink and a light-colored one, may be cooled in thin sheets on large platters, and then be cut into tiny squares. Heap the pink jelly in the centre of a large glass dish, and surround it with the lighter kind. The effect is very pretty. Or the jelly may be served in orange baskets.

To make orange baskets, select well-shaped oranges. Place them on a board, stem end up. With a small, sharp knife, cut on each side of the stem about half through the orange, leaving a strip about half an inch broad for the handle. Cut the orange transversely on both sides, and remove the pieces. Work a teaspoon between the pulp and the skin, being careful not to break the skin. Remove the pulp, and the basket is finished. It may be made much more attractive by scalloping the edges and handle; or if one have time and ability to carve the basket delicately, so much the better. The baskets may be placed in a pan of pounded ice and filled with the liquid jelly, or be filled with chopped jelly at serving-time.


Orange Basket.

Another way is to let the jelly begin to thicken in the bowl; then stir in preserved fruit, cut fine. Fill the baskets, and let them stand in a cool place for several hours.

Jelly in oranges is a dainty dish. Cut a piece from the end of the orange. The hole must be only large enough to insert a teaspoon. With the point of a small, sharp knife, cut into the pulp, being careful not to cut the orange skin. Remove the pulp with a teaspoon, scraping the inside of the skin very clean. Soak the skins for an hour in cold water; then drain and wipe them. Place them in a flat pan, and pack pounded ice around them. Fill with liquid jelly, and set in a cold place for several hours. At serving-time arrange them on a flat dish, the open side down. Garnish the dish with green leaves or ferns. Or the oranges may be cut in halves or quarters, arranged on a napkin, and decorated with a border of green leaves.

Another way is to cut good-sized oranges in two, remove the pulp, and fill one-half with jelly, and the other with Bavarian cream. At serving-time put the halves together, and tie them with bright ribbons.

Jelly may be chilled in a border-mould, and when it is served the centre may be filled with whipped cream or a Bavarian cream. The border may be decorated with any kind of fruit. Or a jelly may be chilled in several small moulds, and be used to decorate a charlotte russe or a mould of Bavarian cream.

Wine Jelly.

For three pints of jelly use one package of gelatine, one sheet of pink isinglass, one pint of sherry or Madeira, one pint of sugar, a generous pint and a half of water, two lemons, one clove, a two-inch piece of stick cinnamon, and the whites of two eggs.

Soak the gelatine and isinglass in half a pint of cold water for two hours. Put in a stew-pan the soaked gelatine, the thin yellow rind of one lemon, and the juice of both, the wine, water, spice, and beaten whites of the eggs. Place on the fire, and stir for ten minutes. Watch carefully, and when the jelly bubbles, draw the pan back where the contents will keep just at the boiling-point. Cover, and let it stand for half an hour. At the end of that time pour it through a strainer, and then through the flannel bag. If the jelly be preferred light, omit the spice and pink isinglass. Pour the jelly into one large mould, or several small ones, and set away in a cold place to harden. It will take about six or eight hours.

* Orange Jelly.

Use the grated rind of two oranges and one pint of strained juice, a pint and a half of water, one pint of sugar, the juice of two lemons, one package of gelatine, and the whites of two eggs.

Soak the gelatine for two hours in half a pint of cold water. Grate the orange rind into a bowl, and pour the juice on it. Let this stand for about two hours. Beat the whites of the eggs, and stir them into the orange juice. Put all the ingredients into a stew-pan, and stir over the fire for ten minutes. When the liquid bubbles, draw back, cover, and keep at the boiling-point for half an hour. Strain and mould.

* Lemon Jelly.

Use half a pint of lemon juice, the grated yellow rind of one lemon, one pint of sugar, a quart and one gill of water, one package of gelatine, and the whites of two eggs. Make the same as orange jelly.

Combination Jelly.

For this dish there must be prepared three kinds of jelly. The materials required are: one package of gelatine, one ounce of pink isinglass, three cupfuls of sugar, one pint of wine, one gill of Maraschino, the juice of three lemons, three pints and a gill of water, and one ounce of candied angelica.

Divide the gelatine into two parts, and put each part into a bowl with a gill of cold water. Soak for two hours. Soak the pink isinglass with a gill of water in a third bowl. At the end of two hours pour a pint of boiling water on one of the portions of soaked gelatine. Stir until the gelatine is dissolved, and add one cupful of the sugar and the juice of one lemon. Place the bowl in a pan of boiling water for ten minutes, and stir the contents frequently. Now add the Maraschino, and strain through a napkin. Place a two-quart mould in a large pan, and surround it with broken ice. Pour a layer of the jelly, about half an inch deep, into the mould, and let it harden. Cut the angelica in thin slices and decorate the layer of jelly with it. Wet the fruit with four table-spoonfuls of the liquid jelly. When this has hardened pour in the remainder of the jelly. Place in a cool room to harden.

Now pour three gills of boiling water on the remaining half of the gelatine. Add one cupful of the sugar, the juice of one lemon, and half a pint of wine. Place the bowl in a pan of boiling water for ten minutes. Stir frequently, and then strain through a napkin. Let this cool, but not congeal.

When the Maraschino jelly is firm, add this wine jelly, and let the mould stand until it hardens. Meanwhile pour three gills of boiling water on the pink isinglass. Add the remainder of the other materials and treat the same as the other jellies. When this preparation is cold, but not congealed, fill up the mould with it. Let this stand for several hours. Serve with a border of whipped cream. The jelly must be served on a large dish, and the whipped cream should be heaped about the jelly without touching it.

* Coffee Jelly.

For a three-pint mould of jelly use half a cupful of coffee, ground fine, three pints of water, one pint of sugar, and one package of gelatine.

Soak the gelatine in half a pint of cold water for two hours. Put the coffee in a small biggin or in a pointed flannel bag; hanging the latter, in case it be used, in an ordinary coffee-pot. Pour half a gill of boiling water on the coffee; then cover the pot and let it stand for five minutes. At the end of that time add another half-gill of boiling water, and let the pot stand for five minutes longer. Now add boiling water, a gill at a time, until a pint has been used. When all the water has passed through, pour half a pint of the filtered coffee into the measure, and pour this on the coffee. The biggin should stand in a pan of boiling water to keep the coffee hot while it is being made.

Now pour a pint and a half of boiling water on the soaked gelatine. Add the sugar, and next the filtered coffee. Stir until all the solid ingredients are dissolved; then strain through a napkin or a flannel bag. Turn into moulds, and set away in a cold place for six or eight hours. Serve with sugar and whipped cream.

Dantzic Jelly.

This is made of a package of gelatine, one pint of sugar, the juice of two lemons, half a pint of cold water, one quart of boiling water, half a pint of Eau-de-vie de Dantzic, and four table-spoonfuls of brandy.

Soak the gelatine in the cold water for two hours. Put it in a large bowl, and pour the boiling water on it. Add the sugar and the juice of the lemons. Place the bowl in a pan of boiling water and on the fire, and let it stand for about ten minutes, stirring the contents frequently. Mix the gold leaf through the cordial, and then measure the half-pint. Let this stand while the jelly is being strained, that the gold leaf may settle. Add the brandy to the jelly, and strain through a flannel bag or a napkin. Now add the Eau-de-vie to the strained jelly, being careful, however, to keep back the gold leaf that has settled in the bottom of the measure. Mix this with one pint of the jelly, and after setting the bowl in ice-water, stir the jelly until it is so cold that it shows signs of congealing. Pour this into the moulds, — two moulds, each holding a pint and a half, are good for this purpose. Place the moulds in ice-water, and when the gold-leaf jelly is partially congealed, fill the moulds with the remainder of the jelly. Set away to harden.

The gold leaf is added to a small portion of jelly, and chilled in the manner described, that it may show to the greatest advantage in the moulds. The brandy may be omitted.

Maraschino Jelly.

The materials are: one package of gelatine, one quart of boiling water, half a pint of cold water, one pint of sugar, the juice of two lemons, and half a pint of Maraschino.

Soak the gelatine in the cold water for two hours. Put it in a large bowl, and pour the boiling water on it. Add the lemon juice and sugar, and place the bowl in a pan of boiling water and on the fire. Stir for ten minutes; then add the Maraschino, and strain. This jelly may be poured into moulds and hardened the same as any jelly, or it may be combined with various fruits, which is by far the better way. The jelly is of such a delicate color that it takes the shade of the fruit imbedded in it.

Maraschino Jelly with Peaches.

Make the jelly as directed in the preceding receipt. Put a two-quart mould in a deep pan, and surround it with ice. Cover the bottom of the mould about two inches deep with the jelly. Drain six halves of canned peaches; the peaches must be large and ripe. When the layer of jelly has hardened, put in three pieces of the peaches, having the outside rest on the jelly. Pour in one gill of the liquid jelly, and let it stand until it hardens. Now cover the peaches with the jelly. When this new layer is nearly hard, put in the remainder of the peaches. Add a gill of jelly, and let it harden; then fill the mould with the rest of the jelly, and set away to harden.

Maraschino Jelly with Angelica.

Make the jelly, and put a layer about an inch deep in a mould. When this is cold, decorate with thin slices of angelica. Pour three table-spoonfuls of jelly over this, and wait until it is set. Now fill the mould with the liquid jelly, and set away to harden.

Any kind of candied green fruit may be used. The effect of the green color in the jelly is remarkably beautiful; it is like moonlight. The dish might be called "moonlight" jelly with perfect propriety.

Candied cherries may be used instead of the green fruit. Three small moulds could be made, using three kinds of fruit.

Russian Jelly.

This is made of half a package of gelatine, the juice of two lemons, the juice of two oranges, half a pint of wine, half a pint of sugar, a pint of boiling water, a gill of cold water, and a generous pint of strawberries or raspberries.

After soaking the gelatine in the cold water for two hours, pour upon it the pint of boiling water, and stir until the gelatine is dissolved; then add the sugar and all other ingredients except the berries. Strain the mixture, and set the basin which contains it into another basin of ice-water. Stir the liquid occasionally until it becomes cold and begins to congeal; then beat it with an egg-beater until it will scarcely run from the basin.

Rinse a mould in cold water, and, after pouring in a little of the whipped jelly, sprinkle a few berries into the mould. Continue to put in jelly and berries until the supply is exhausted; then set the mould away for some hours. At serving-time dip it into warm water, and turn the jelly out on a flat dish. Serve soft custard with it.

Other ripe fruits besides those mentioned may be jellied in this way. Pineapples, bananas, or peaches, cut fine, are nice. In winter candied fruits may be used, and preserved quince gives a delicious dish.

* Raspberry Jelly.

This is made of three pints of raspberries, one pint of sugar, the juice of two lemons, half a pint of cold water, one pint and one-third of boiling water, and one package of gelatine.

Soak the gelatine in cold water for two hours. Mash the raspberries and sugar together, and let the mixture stand for two hours; then press all the juice through a fine strainer. Pour the boiling water upon the gelatine, and stir until the gelatine is dissolved; then add the strained juice and the lemon juice. Strain through a napkin, and pour into moulds. When cold, set in an ice-chest for four or five hours, so that the jelly may become firm.

Neapolitan Jelly.

Divide a package of Cox's gelatine into halves, and put each half into a bowl with half a cupful of cold water. Put three-quarters of an ounce, or six sheets, of pink gelatine into a third bowl containing three-fourths of a cupful of cold water. Cover the bowls to keep out the dust, and set them away for two hours. At the end of that time add a pint of boiling water, a cupful of sugar, half a pint of wine, and the juice of a lemon to the pink gelatine, and, after stirring till the gelatine is dissolved, strain the liquid through a napkin. Treat one of the other portions of the gelatine in the same way.

Beat together the yolks of four eggs and half a cupful of sugar, and, after adding this mixture to the third portion of gelatine, stir the new mixture into a pint and a third of boiling milk contained in a double-boiler. Stir on the fire for three minutes; then strain through a fine sieve, and flavor with a teaspoonful of vanilla extract.

Place in a deep pan two moulds, each holding about three pints, and surround them with ice and water. Pour into these moulds, in equal parts, the wine jelly which was made with the clear gelatine, and set it away to harden. When it has become set, pour in the pink gelatine, which should have been set away in a place not cold enough to make it harden. After it has been transferred and has become hard, pour into the moulds the mixture of eggs, sugar, and gelatine, which should be in a liquid state. Set the moulds in an ice-chest for three or four hours. At serving-time dip them into tepid water to loosen the contents, and gently turn the jelly out upon flat dishes.

The clear jelly may be made first and poured into moulds, then the pink jelly, and finally the egg jelly.

Jellied Peaches.

Provide first a dozen good-sized peaches, and then half a box of gelatine, a cupful and a half of sugar, and a pint and a half of water. Soak the gelatine for two hours in half a cupful of the water. At the end of that time put the sugar and the remaining water into a stew-pan, and then let them boil for five minutes. Pare the peaches, and cut them in halves; then cook them gently in the boiling syrup for ten minutes. On taking the stew-pan from the fire, turn the soaked gelatine into it; then set it in another basin containing cold water, and stir occasionally until the mixture becomes cool. Before the jelly has had time to congeal, dip a mould into cold water, and turn the mixture into it. Set in a cool place for three or four hours. At serving-time dip the mould into warm water, and turn the contents out on a flat dish. Serve with whipped cream or soft custard, heaped or poured around the jelly.

Probably many people will think the flavor is improved by the addition of a table-spoonful of brandy or Maraschino when the gelatine is put with the fruit.

Jellied Oranges.

Eight large Florida oranges, a package of gelatine, a pint of sugar, a pint of sherry, three lemons, and a quart of water are combined to produce this dish.

Soak the gelatine for two hours in half a pint of cold water; then boil the remaining water, and pour it upon the gelatine. Add the sugar and the juice of the lemon; and after stirring until all the solid ingredients are dissolved, strain the liquid through a napkin. Have ready a two-quart mould, and pour into it enough of the mixture to make a layer an inch deep. Set the mould in a pan, and put ice and a little water around it.

Pare the oranges, and with a sharp blade slice them carefully, rejecting all the seeds and the core. When the jelly is hard, lay the sliced oranges on it, keeping them slightly away from the sides of the mould. Pour the remainder of the jelly over the fruit, and set away in a cold place. At serving-time dip the mould into warm (not hot) water, in order to loosen the jelly, and turn out on a flat dish. Serve with or without whipped cream, as you fancy. This dish should stand seven or eight hours to get perfectly hard.

A quicker way to prepare oranges in jelly is to put them into a deep glass dish, and pour the jelly over them.

* Jellied Apples.

Use two quarts of nice, tart apples, peeled, quartered, and cored, two cupfuls of sugar, a lemon, half a package of gelatine, and one pint and a half of water.

Soak the gelatine in half a cupful of the water for two hours. Put the sugar, lemon juice, and the remainder of the water on the stove, and boil rapidly for ten minutes; then put in as many apples as may be cooked without crowding. Cook gently until so tender that they can be pierced with a broom straw; then take up with a skimmer, and spread on a plate. Put more apples into the stew-pan, and continue cooking until all are done.

When the last of the fruit has been taken up, remove the pan from the fire, and put the gelatine into it. Stir until the gelatine is dissolved; then place the stew-pan in a basin containing ice-water, and stir until the contents become cool. Put in the apples, and mix gently; then turn into a mould, and set in a cold place to harden. Serve with sugar and whipped cream or with soft custard.

*Jellied Prunes.

Use one pint of prunes, a pint and a half of water, half a package of gelatine, half a pint of wine, and half a pint of sugar.

Soak the gelatine in one gill of the water for two hours. Wash the prunes in several waters, rubbing them well between the hands. Put them in a stew-pan with five gills of water, and cook slowly for one hour. Take up the prunes, and remove the stones. Return the fruit to the water in the stew-pan, and let it boil up. Add the gelatine, and take from the fire. Stir until the gelatine is dissolved; then add the sugar and wine. Place the stew-pan in a pan of ice-water, and stir the preparation until it begins to thicken. Pour into a mould, and set in a cool place to harden. It should stand for four or five hours. Serve with soft custard or whipped cream.

Macédoine of Fruit.

It takes but few materials and little time to make this fashionable dish for dessert. Pare half a dozen oranges, and cut them in thin slices, lengthwise. Peel two bananas, and cut them in thin round slices. Put a layer of orange in a glass dish, and then one of the sliced bananas, and sprinkle with sugar and Maraschino. Continue making alternate layers until all of the fruit has been used; then sprinkle a cupful of grated cocoanut over the dish. Half a cupful of sugar and four table-spoonfuls of Maraschino will suffice for the flavoring.

When peaches, strawberries, raspberries, and apricots are in season, they may be used in a macédoine.

Peach Chartreuse.

Although it requires considerable space to tell how to make a fruit chartreuse, the actual work does not call for extraordinary skill on the part of the housekeeper.

She must use a box and a quarter of gelatine, half a gill of Maraschino, one pint of sugar, one quart of cream, one quart of ripe peaches, a lemon, one pint of boiling water, and three gills of cold water.

Soak three-fifths of the gelatine for two hours in a bowl containing two gills of cold water, and soak the remaining gelatine in the third gill of water. At the end of the two hours pour the boiling water upon the larger quantity of gelatine; and when the latter has dissolved, add half a pint of sugar, the Maraschino, and the juice of the lemon. Stir until the sugar dissolves, and strain through a napkin. Pour into a two-quart charlotte-mould enough of the liquid to cover the bottom to the depth of half an inch, and after placing the mould in a pan, surround it with ice. Let the remainder of the jelly stand where it will keep cool without congealing.

Pare the peaches, and cut some of the ripest and handsomest in thin round slices, — enough to make a circle on the bottom of the mould. Cut the remainder of the fruit in small pieces, and mash it with the half-pint of sugar. Let the mixture stand for at least half an hour — better longer.

When the layer of jelly has hardened in the mould, arrange the slices of peach tastefully upon it, and moisten them with three table-spoonfuls of the liquid jelly. Let this harden (it will require only about ten minutes, if the mould be set in a cold place); then completely cover the peaches with the liquid jelly, and let the dish stand until this layer gets hard. Set a quart mould in the centre of the larger mould, and fill it with ice and water. Into the space between the two moulds pour the remainder of the liquid jelly, and carefully put away the moulds in order that the jelly may harden. If they be put in a cool place, and the outer mould be surrounded with ice and water, the jelly will harden in two hours; but it is well, if possible, to let it stand for three or four hours.

Next whip the cream. A quart will yield three quarts of whipped cream, and there will be about a gill of unwhipped cream left for use with coffee or chocolate. Place the whipped cream where it will keep cool, and as soon as the jelly in the mould is hard, put the peaches and sugar on the fire. Heat slowly, and when the mixture gets boiling hot, add the soaked gelatine. Take from the fire immediately, and stir until the gelatine is dissolved.

Now remove the ice, and nearly all the water from the small mould, and pour in enough warm water to make the entire quantity blood warm, and to raise the level almost to the top of the mould. As soon as the jelly begins to melt from the heat of the water, gently raise the mould.

Set the basin containing the peach and gelatine into a pan of ice-water, and as soon as the mixture gets cool, add a quart of whipped cream. Stir gently until the liquid becomes so thick that it will scarcely flow freely from the spoon when it is raised; then turn it into the space left by the removal of the small mould from the jelly. Set away for half an hour, and it will then be ready to serve. At serving-time put the mould in a pan of blood-warm water for about twenty seconds, and then wipe it. Place a flat dish upside down, over the opening of the mould, and turn the dish and mould simultaneously. Hold them still for a moment, and then raise the mould slowly, leaving the chartreuse on the dish. Heap the whipped cream around it.

* Apple Float.

The materials required are: four eggs, a pint of milk, a cupful of stewed and strained tart apple, half a cupful of powdered sugar, and half a teaspoonful of vanilla extract.

Reserve half a cupful of the milk, and put the remainder on the fire in a double-boiler. Beat together all the yolks and one of the whites of the eggs, and add to them the cold milk and half the sugar. Stir well, and after pouring the boiling milk over it, put the mixture into the double-boiler. Stir constantly for five minutes; and if at the end of that time the mixture be thick and smooth, take it from the fire immediately. Turn into the bowl, and set away to cool; and when it is cold, add the vanilla flavoring, and turn into a deep glass dish.

Beat the whites of the three eggs to a stiff froth, and beat the remaining sugar into this froth. Next beat in the strained apple; and when the mixture is light and smooth, heap it in the centre of the custard.

Other floats may be made in a similar way, using raspberries, strawberries, peaches, cherries, apricots, etc. But if preserved fruit be taken, use only a quarter of a cupful.

* Apple Trifle.

The materials are: three pints of pared, cored, and quartered apples, half a pint of water, one cupful of sugar, a slight grating of nutmeg, and three pints of whipped cream.

Put the water in the stew-pan and then put in the apples. Cover closely, and place on the fire. As soon as the apples begin to soften (which will be in about three minutes after they begin to boil), add the sugar and nutmeg, and cook gently for ten minutes. Take up, and set away to cool. At serving-time put them in a deep glass dish, and heap the whipped cream on top.

Caledonian Trifle.

This is made of eight eggs, one quart of milk, half a teacupful of sugar, one-fourth of a teaspoonful of salt, one teaspoonful of vanilla extract, two table-spoonfuls of currant jelly, and two table-spoonfuls of raspberry preserve.

Reserve half a cupful of milk, and put the remainder on the stove in a double-boiler. Put aside the whites of three eggs in a cool place, and beat the yolks and the five whole eggs with the sugar and salt, using a spoon for the operation; then add the cold milk. When the milk on the stove begins to boil, pour it upon this mixture, stirring all the while. Turn the mixture into the double-boiler, and set it over the fire. Stir until the liquid looks as thick on the edge of the spoon as in the middle. This will be in from five to six minutes if the water in the lower kettle has been boiling all the while. Pour the custard into a pitcher or bowl, and set it away to cool, stirring it occasionally.

At serving-time pour it into a deep glass dish. Beat the reserved whites of three eggs to a stiff, dry froth. Stir into it one-half the currant jelly, broken into small pieces, and into the other half the raspberry preserve. Form these mixtures into little mounds on top of the custard.

* Strawberry Trifle.

Lay slices of stale cake in a deep glass dish, and pour over them enough canned strawberries to moisten well. Beat the whites of four eggs to a stiff, dry froth, and beat into them four table-spoonfuls of powdered sugar. When light and firm, slowly add two table-spoonfuls of wine or strawberry juice. Heap upon the cake and strawberries, and serve soon.

Orange Charlotte.

Use half a box of gelatine, one cupful of sugar, one of orange juice, the juice of one lemon, one cupful and a half of boiling water, half a cupful of cold water, and four Florida oranges of medium size.

Soak the gelatine in the cold water for two hours. Pour the boiling water on it, and then place the bowl in a pan of boiling water. Add the sugar, and stir until dissolved. Now add the orange and lemon juice, and strain into a bowl. Place the bowl in a pan of ice-water, and stir frequently until the contents begin to congeal.

While they are cooling, peel and slice the oranges. Line a quart charlotte-mould with them. As soon as the jelly begins to congeal, beat it vigorously. Continue beating the preparation until it is light and so thick that it flows in a thick stream. Fill the charlotte mould, and set away to harden.

Bavarian Orange Charlotte.

This is made of the grated rind of two oranges and the juice of six, one cupful of sugar, one-third of a box of gelatine, two quarts of whipped and drained cream, two-thirds of a cupful of water, and enough stale sponge cake or lady-fingers to line a three-pint charlotte-mould.

Soak the gelatine for two hours in one-third of a cupful of cold water. Grate the rind — only the yellow part — into a bowl, and squeeze the juice of the half-dozen oranges into the same bowl. Now whip the cream, and let it drain. Next cut the cake, and line the mould.

When the gelatine has been soaked sufficiently, pour upon it one-third of a cupful of boiling water. Stir the gelatine until it is completely dissolved; then pour it into the bowl with the orange juice. Strain this mixture into a tin or granite-ware basin; and after placing the basin in a pan of ice-water, stir the contents constantly until they begin to thicken. When the mixture is slightly thickened, add the whipped cream gradually, gently stirring all the while from the bottom of the pan. After a little stirring take up a spoonful of the mixture and pour it back. If it does not immediately sink, the mixture will be thick enough to turn into the mould. Be careful not to pour it in before it is of the proper consistency, yet be equally careful not to delay pouring after it is just thick enough. Set away for an hour or more, to harden. At serving-time loosen the charlotte from the sides of the mould, and turn out on a flat dish.

Burnt Almond Charlotte.

This is a delicious dish for dessert. It is made of a cupful of blanched almonds, a cupful of sugar, a cupful and a half of milk, half a box of gelatine, half a cupful of cold water, the yolks of two eggs, two quarts of whipped cream, and enough stale sponge cake or lady-fingers to line a two-quart charlotte-mould.

Before any of the other work is done, the gelatine should be soaked in the cold water for about an hour and three-quarters. To blanch the almonds, shell them, pour boiling water over them, and after letting them remain in it for a moment, throw them into cold water; finally rub them between the hands. After blanching them, chop them fine. Put three heaping table-spoonfuls of the sugar into a frying-pan, and when it gets melted and is smoking hot, put in the nuts, and stir until they become brown, — say for about four minutes. Take them from the fire, and spread them on a plate to cool; and when they are cold, pound them fine and put them into a double-boiler with the milk, to cook for a quarter of an hour.

Meanwhile line a two-quart charlotte-mould with stale sponge cake or lady-fingers. Beat together the remainder of the sugar and the yolks of the eggs, and at the end of the quarter of an hour just mentioned, strain upon them the cooked milk; then put the mixture into the double-boiler, and add the soaked gelatine. Stir for four minutes; then set the boiler into a pan of ice-water, and stir until its contents begin to thicken. Add the whipped cream, and continue stirring until the mixture becomes so thick that it will scarcely run. Pour the mixture into the mould, and set away to harden. At serving-time turn out on a flat dish.

Strawberry Charlotte.

The directions for making this dish may appear exceedingly complex, yet a beginner can do the prescribed work in an hour, and after a little experience in whipping cream, the work will not occupy more than half an hour.

Soak half a package of gelatine in half a cupful of cold water for two hours. Select from a quart of strawberries a cupful of the largest and soundest, and put them aside. After sprinkling the remainder of the berries with half a cupful of sugar, cut them up with a spoon, and put them in a cool place. Put a quart of cream into a bowl or pail, and set in a pan of ice-water; place a pan of granite-ware or tin, having a small bottom, in another containing ice-water; then whip the cream, and, skimming off the froth, put it into the empty pan. When nearly all the cream has been whipped, pour off such portion as has become liquid again. If there be less than three quarts of whipped cream left in the pan, whip again till you obtain that quantity.

Line two three-pint moulds with stale sponge cake or lady-fingers, and spread the whole strawberries, from the cup, on the bottom of each mould. Now pour half a cupful of boiling water over the soaking gelatine. Sprinkle three-fourths of a cupful of sugar and two table-spoonfuls of wine over the whipped cream; then strain the gelatine upon it, and stir gently from the bottom of the pan until the mixture begins to thicken. When it has become so thick that it will scarcely run, put a layer of it into each mould; then put in a layer of strawberries (those cut up and sugared), with their juice, and continue making these alternate layers until all the materials have been used. Let the last layer be one of cream. Place the charlotte in an ice-chest for an hour or more.

When ready to serve, turn out on a flat dish, and form a border with strawberries which have been standing in sugar for about ten minutes, using a quart of the fruit and half a cupful of sugar.

Cantaloupe Charlotte.

Cut a thin sheet of stale sponge cake into strips long enough to run the length of a three-pint melon-mould, and fit these strips closely into such a mould. It is a good plan, yet not an absolute necessity, to dip their edges into the white of an egg that has been beaten a little, for this will keep the pieces of cake together.

Make a cream of a generous quarter of a package of gelatine, a scant half-cupful of sugar, two table-spoonfuls of sherry, the yolks of two eggs, and two quarts of whipped cream. Soak the gelatine for two hours in one-third of a cupful of cold water. Have the whipped cream in a bright tin pan, and after placing it in another pan of ice-water, — have plenty of ice, — sprinkle the sugar and pour the wine into it, and add the yolks of the eggs, well beaten. Pour a quarter of a cupful of boiling water over the gelatine, and when the latter is completely dissolved, strain the liquid into the cream. Stir the mixture at the bottom part of the pan until it begins to thicken, and then stir all the froth at the top into it. When the cream has become so nearly solid that it will scarcely flow, pour it into the lined mould. Set away on ice for two hours.

Just before serving-time chop half a cupful of pistachio nuts very fine, and beat the whites of the two eggs to a froth, — not extremely dry. Turn the charlotte out upon a dish, and after covering it with the beaten eggs, sprinkle thickly with the chopped nuts. Have a pint of cream, two table-spoonfuls of sugar, and two of sherry whipped to a froth, and heap around the charlotte.

The whipping may be done at any time, and the flavoring omitted if plain cream be preferred.

Coffee Charlotte.

There will be required enough lady-fingers or stale sponge cake to line a two-quart mould, or two smaller moulds, three quarts of whipped cream, half a package of gelatine, one cupful of sugar, half a cupful of milk, half a cupful of cold water, half a cupful of boiling water, the yolks of four eggs, and two table-spoonfuls of coffee, ground fine.

Soak the gelatine in the cold water for two hours. Put the coffee in a small flannel bag, and place in a small saucepan. Pour the boiling water on it, and steep on the back of the stove for half an hour. Beat the yolks of the eggs and the sugar together. Add the milk and the coffee to them. Place the mixture on the fire, in the double-boiler, and cook until it thickens, stirring all the time. It will take about five minutes. Now add the soaked gelatine, and stir for a minute longer. On taking from the fire, place in a pan of cold water to cool. Stir frequently.

Line the moulds with the cake. Now add about a quart of broken ice to the water in which the custard is cooling. Stir constantly until the custard begins to thicken. Add the whipped cream, a little at a time. Stir well from the bottom, and sides. Take a spoonful of the mixture from the bottom, and pour it back again. If it does not sink immediately, you may be sure that the cream is firm enough and should be poured into the moulds; but should the spoonful sink at once, you must continue to stir the preparation, and repeat the test in a short time.

When the moulds have been filled with the cream, set them away in a cold place for an hour or more before serving.

Charlotte Russe.

For two moulds, each holding one quart, use three quarts of whipped cream, half a package of gelatine, the yolks of four eggs, half a pint of milk, one gill of water, a small cupful of sugar, one teaspoonful of vanilla extract, and enough stale sponge cake or lady-fingers to line the sides of the moulds.

Soak the gelatine in the water for two hours. Beat the sugar and yolks of the eggs together, and stir the milk into this mixture. Put on the fire in the double-boiler, and cook for five minutes, stirring all the time. Add the soaked gelatine, and stir until this is dissolved. Take from the fire and cool, stirring frequently.

Line the moulds with the cake. Add the vanilla, and place the basin in a pan of ice-water. Stir the custard until it begins to thicken; then add the whipped cream, about one-third at a time. Stir until the preparation is so thick that it can hardly be poured. Fill the moulds, and set away to harden. If possible, let the moulds stand for an hour or longer.

For some tastes the charlotte is improved by the addition of four table-spoonfuls of wine.

Charlotte Russe without Cream.

For a three-pint mould use one-third of a package of gelatine, one quart of milk, four eggs, a generous half-cupful of sugar, and one teaspoonful of vanilla.

Soak the gelatine in a cupful of the milk for two hours. Beat the sugar and yolks of the eggs together, and add half a cupful of milk to them. Put the remainder of the milk into the double-boiler. When hot, pour it on the beaten eggs and sugar. Put this mixture into the double-boiler, and stir on the fire for five minutes. Add the gelatine, and stir until that is all dissolved. On taking from the fire, strain into a bowl. Place the bowl in a pan of ice-water. When the mixture is cold, add the whites of the eggs, unbeaten. Beat until the mixture is thick and frothy. Fill with this cream a mould that has been lined with sponge cake, and set away to harden. This, of course, is not to be compared with charlotte russe made with cream, but it is a good substitute in parts of the country where it is impracticable to obtain cream.

Charlotte Russe on a Bed of Jelly.

Make a wine or orange jelly, and pour it into a large glass dish, or into two dishes, if there are to be two moulds of the charlotte. Let the jelly harden. At serving-time turn the charlotte on the jelly, and serve at once.

Any kind of Bavarian cream may be served in this manner on a bed of any kind of jelly.

Charlotte Russe in Paper Cases.

Charlotte russe that is served in paper cases or in the small china soufflé dishes can be made without gelatine, and is liked by some people much better than that which is moulded with the aid of gelatine.

Line eight or ten fancy moulds with sponge cake or sponge fingers. Sprinkle into two quarts of whipped and drained cream four table-spoonfuls of sugar and three table-spoonfuls of wine, or, instead of wine, half a teaspoonful of vanilla extract. Fill with this preparation the dishes that have been lined with cake, and put them in the refrigerator for an hour.

At serving-time put a candied cherry or a fresh strawberry on top of each dish of cream.

Or, this charlotte russe may be made in one large glass dish. Line the bottom and sides of the dish with cake, and fill with the cream preparation. Let it stand in the refrigerator for an hour. At serving-time dot with fresh strawberries or candied cherries.

If one be in a hurry, this dish may be served as soon as made.

Maraschino Bavarian Cream.

Take a pint and a half of cream, half a cupful of cold water, half a package of gelatine, half a pint of milk, a cupful of sugar, the yolks of four eggs, and two tablespoonfuls of Maraschino.

Soak the gelatine in the cold water for two hours. At the end of that time whip the cream to a froth. Put the milk on the stove in a double-boiler. Beat the yolks of the eggs, and add both them and the sugar to the soaked gelatine. Stir this mixture into the hot milk, and cook for three minutes, stirring all the time; then remove from the fire, and strain into a basin that holds three quarts. Add the Maraschino, and, setting the basin in a pan of ice-water, stir the mixture until it becomes cold and begins to thicken; then stir in the whipped cream, and pour into moulds that have been dipped in cold water. Set away to harden. The cream should be firm in half an hour, but it is well to let it stand for several hours. At serving-time dip the moulds into warm water, and turn the cream out on flat dishes.

Almond Velvet Cream.

This dish for dessert requires three pints of milk, four eggs, one package of gelatine, two-thirds of a cupful of sugar, one-fourth of a teaspoonful of salt, and one-fourth of a teaspoonful of extract of almond.

Soak the gelatine in half a pint of the milk for two hours. Reserve a gill of the remaining milk, and put the rest on the stove in a double-boiler. Beat the eggs and sugar together, and add the gill of cold milk. Pour the boiling milk on this mixture; then put the mixture into the double-boiler and cook for five minutes, stirring all the while. Add the soaked gelatine, and stir until it is dissolved, — no longer. On removing the mixture from the stove stir the salt and the extract of almond into it. Strain, and pour into moulds which have been rinsed in cold water. Let the moulds stand in a cold place for half an hour; then set them into a refrigerator for six or eight hours. At serving-time dip the moulds into warm water for a few seconds; then wipe them before turning out the cream. Serve with sugar and cream.

* Tapioca Cream.

After washing four table-spoonfuls of tapioca, put it into a bowl containing a cupful of cold water, and let it stand over night. In the morning pour off all the water, and put the tapioca into a double-boiler, with one quart of boiling milk; then stir in the yolks of four eggs, half a teaspoonful of salt, and one cupful of sugar, beaten together. Cook the mixture, stirring constantly, until it thickens like soft custard, — say for about seven minutes. Have the whites of the eggs beaten to a stiff froth, and as soon as the cream is cooked, stir this froth into it. Season with a teaspoonful of either lemon or vanilla extract. Pour into an earthen dish, and let it get perfectly cold. At serving-time turn into a deep glass dish, and dot with bits of bright jelly.

* Tapioca Custard.

Like the preceding dish, this is very nice for dessert. It is made of a quart of milk, three eggs, three table-spoonfuls of tapioca, half a cupful of sugar, a teaspoonful of lemon or vanilla extract, half a teaspoonful of salt, and two-thirds of a cupful of cold water.

Wash the tapioca, and soak it over night in the cold water. In the morning put the quart of milk on the stove in a double-boiler. Beat the eggs, sugar, and salt together until smooth and light, and add to them the soaked tapioca. When the milk boils, stir this mixture into it, and cook for five minutes, stirring all the while

Take from the fire at the expiration of the five minutes; and after adding the flavor, pour the mixture into a dish, and set away to cool. After it has become cool it should be chilled on ice before being served.

Orange Custard.

This is made of eight eggs, the grated rind of two large oranges, and the juice of four, half a pint of water, and one cupful of sugar.

Separate the whites of the eggs from the yolks, and put the latter away in a cool place. Add the orange-rind and juice to the whites of the eggs; and after beating the mixture well, add the water. Set away for an hour. At the end of that time beat the yolks of the eggs, and add them, together with the sugar, to the mixture of whites, orange, and water. Strain into a pitcher, and set the pitcher into a basin containing boiling water enough to come well up the sides. Set the basin where the water will boil rapidly, and stir the mixture until it becomes as thick as rich cream, — say for about a quarter of an hour. Remove from the fire, and allow the custard partially to cool, stirring it frequently; then pour into glass cups, and put away to get perfectly cold.

* Wine Custard.

This is easily, quickly, and cheaply made, yet the work must be done carefully. Heat a quart of milk to the temperature of 100°. Add two table-spoonfuls of sugar, and two of wine; and after stirring well, add two even table-spoonfuls of liquid rennet, stirring only enough to mix it with the milk. Pour the mixture into a deep glass dish, and set away to cool. It will be firm in about two hours. Serve with sugar and cream.

Be careful not to get the milk too warm. Be equally particular to mix the sugar and wine with it thoroughly, before adding the rennet; to stir the mixture after the addition of the rennet only enough to blend all the materials; and finally to turn immediately into the dish in which the custard is to go to the table.

* Caramel Custard.

The materials are: one quart of milk, four eggs, half a cupful of sugar, one gill of hot water, and half a teaspoonful of salt.

Put the sugar into a small frying-pan, and stir over the fire until it begins to turn liquid; then draw the pan back, and add the water. This will harden the sugar. Let it simmer for fifteen minutes, and it will become liquid again.

Beat the eggs and salt with a spoon until well broken. Add them to the milk. Now add the caramel, and stir well. Pour the custard into a pudding-dish, and bake in a moderate oven until firm in the centre. It will take about forty minutes. Serve cold.

This custard can be baked in small cups instead of in the pudding-dish.

* A Simple Soft Custard.

This is very plain and light, and may be used with many puddings as a sauce. For a quart of custard there will be required a quart of milk, half a teacupful of sugar, four eggs, two table-spoonfuls of arrowroot, one-fourth of a teaspoonful of salt, and one teaspoonful of some kind of extract, — vanilla is recommended.

Put a pint and a half of the milk on the stove in a double-boiler. Mix the arrowroot with a gill of the cold milk; and after stirring this mixture into the hot milk, cook for ten minutes. Beat the eggs, sugar, and salt together, and add the remaining cold milk. When the arrowroot has cooked for ten minutes, pour the boiling milk over the egg mixture. Stir well, and then cook for five minutes in the double-boiler, stirring all the time. Remove from the fire, pour into a bowl or pitcher, and set away to cool. When cold, add the flavor.

The custard may be served in cups, if not wanted for a pudding-sauce; or it may be poured over stale sponge cake, the dish being then called a "trifle."

* Corn-starch Blanc-mange.

But five ingredients are needed: a quart of milk, four heaping table-spoonfuls of corn-starch, three table-spoonfuls of sugar, a teaspoonful of salt, and a teaspoonful of lemon or vanilla extract.

Reserve a cupful of milk, and put the rest on the stove in a double-boiler. Mix the corn-starch, sugar, salt, and cold milk, and stir the mixture into the other milk when it boils. Beat thoroughly, and cook for twelve minutes, stirring often. After rinsing a mould with cold water, pour the hot mixture into it, and set away to cool.

The blanc-mange may be served with sugar and cream, or with a sauce made by beating the whites of three eggs to a stiff, dry froth, and gradually beating into this a tumbler of any kind of fruit jelly or preserves. Turn the blanc-mange out upon a flat dish, and pour the sauce around it. Serve at once.

Egg sauce is nice with this pudding.

* Fruit Blanc-mange.

Any kind of juicy fruit will answer for this blanc-mange; but red fruits, like strawberries, raspberries, and currants, produce the handsomest dish. The materials required to fill a quart mould are: half a pint of sugar, a pint of water, a pint of fruit, and six level table-spoonfuls of arrowroot.

Free the fruit of hulls or stems, and crush it in a bowl also containing the sugar. Let the mixture stand for an hour; then add the water, and press the mixture through a fine sieve. Reserve half a cupful, and put the remainder on to boil. Mix the half-cupful smoothly with the arrowroot, and stir into the first mixture when it boils. Cook for eight minutes, stirring frequently. When done, pour into a mould that has been rinsed in cold water, and set away to harden. The blanc-mange should stand for at least four hours. Serve with sugar and cream. Whipped cream makes a pretty garnish.

* Taganrok Blanc-mange.

Taganrok is Russian wheat farina, which comes in small packages, costing ten cents. One package is sufficient for four quarts of blanc-mange. To make a mould of blanc-mange use a quart of milk, four level table-spoonfuls of the farina, and one level teaspoonful of salt.

Put the milk on the stove in a double-boiler, and when it begins to boil, sprinkle in the taganrok, stirring all the while. Next add the salt, and cook for half an hour, stirring frequently. At the end of the half-hour rinse a mould in cold water, and pour the hot mixture into it. Set away to cool, and be sure that it is ice-cold when sent to the table. Serve sugar and cream with it.

* Chocolate Blanc-mange.

For a quart mould of blanc-mange use one quart of milk, one level table-spoonful of sea-moss farina, four table-spoonfuls of sugar, half a teaspoonful of salt, half a teaspoonful of vanilla, one ounce of scraped chocolate, and one table-spoonful of water.

Put the milk in the double-boiler, and sprinkle the farina into it, stirring all the time. Place on the fire, and heat slowly, stirring frequently.

When the milk and farina have been cooking for a quarter of an hour, put the sugar, chocolate, and water into a small frying-pan, and stir over a hot fire until the mixture is smooth and glossy. Add this to the milk and farina. Stir for two minutes; then take from the fire, and after adding the salt and vanilla, pour into the moulds, and set away to harden. Serve with sugar and cream.

* For a three-pint mould, use three pints of milk, one package of gelatine, two ounces of scraped chocolate, six table-spoonfuls of sugar, half a teaspoonful of salt, one teaspoonful of vanilla, and two table-spoonfuls of water.

Soak the gelatine for two hours in half a pint of the milk. At the end of that time put the remainder of the milk into the double-boiler. Now put the sugar, chocolate, and water into a small frying-pan, and stir over a hot fire until the mixture is smooth and glossy. Add this to the hot milk. Stir for two minutes, and add the soaked gelatine. Take from the fire, and add the salt and vanilla. Place the pan in another containing cold water, and stir the mixture for five or eight minutes; then turn into moulds, and set away to harden. Serve with sugar and whipped or plain cream.

* Bananas and Whipped Cream.

If provision is to be made for six persons, use six or seven bananas, the juice of an orange, half a cupful of sugar, and one pint of cream, whipped to a froth.

Pare and slice the bananas; and after sprinkling them with the sugar, sprinkle with the orange juice also. Set the fruit in the refrigerator for an hour or two. Serve with whipped cream.

If one prefer, four table-spoonfuls of wine may be used instead of orange juice.

* Baked Bananas.

Put into a bowl three table-spoonfuls of butter, six of sugar, and three of lemon juice, and set the bowl into a pan of hot water, so as to melt the butter. Peel the bananas, and lay them in a shallow baking-pan; it must be perfectly clean, and the bananas must not touch each other. Baste the fruit with the mixture in the bowl, and bake for half an hour, basting three times more.

This dish is nice either for an entrée or for dessert.

* Stewed Apples with Cream.

For this dish use three pints of pared and quartered tart apples, the juice of one lemon, about one-fourth of a grated nutmeg, one pint of water, one scant pint of granulated sugar, and two quarts of whipped cream, sweetened with three table-spoonfuls of powdered sugar.

Put the water and sugar in a saucepan, and boil for a quarter of an hour; then add the lemon juice, nutmeg, and apples. Cover the stew-pan, and set it where its contents will cook slowly for forty minutes; then remove the pan from the fire, and take up the apples, being careful not to break the pieces, and to avoid taking up the syrup. Return the saucepan to the stove, and boil rapidly, for five minutes, the syrup that remains; then pour it over the apples, and set them away to cool.

At serving-time drain the cream well, and sprinkle the powdered sugar over it, stirring gently in order that the two may get well mixed. Heap the cream upon the cold stewed apple, and serve at once.

* Iced Apples.

Pare, core, and cook apples in syrup, as when they are crystallized. Put them in the oven without the coating of sugar, and bake for fifteen minutes. Now cover them with a thin layer of méringue. Sift granulated sugar over this, and brown it slightly, leaving the oven door open.

Let the syrup in which they were stewed boil until there is only about a gill and a half left. Add a few drops of dissolved cochineal. Stir well, and pour into a soup-plate. When this liquid becomes cold it will be a firm jelly. Cut it in squares, and decorate the tops of the apples with it. Serve soft custard or cream with the apples.

* Crystallized Apples.

Put one cupful of sugar and two of water into a stew-pan, and on the fire. Boil for five minutes. Now put into the pan as many pared and cored whole apples as you can without crowding. Cook very gently until the fruit becomes tender, yet not so long as to break it; then take it from the syrup, and place it in a shallow baking-pan.

Continue in this way until eighteen apples have been stewed. Now sprinkle granulated sugar thickly over the apples, and then put them in a moderately hot oven. Be careful that they do not get scorched. When the sugar becomes slightly browned, remove the apples from the oven, and arrange them on a flat dish.

Boil the syrup in which they were cooked until there is only a gill and a half left. Pour this round, but not over, the apples. When it is cold, put the fruit in a glass dish, taking up a circle of jelly with each one. Place a bit of currant jelly on the top of each apple, and serve.

* Glazed Apples with Cream.

For a dozen large apples use a cupful and a half of sugar and a cupful and a half of water. Put one cupful of the sugar in a saucepan with the water, and boil rapidly for twenty minutes. Pare and core the apples, keeping them whole. Put them in deep earthen plates or shallow cake-pans, and put a teaspoonful of sugar in the centre of each apple. Baste the outside of each apple with about half a table-spoonful of the hot syrup. Place the pan in a moderately hot oven, and bake the fruit until it is tender, basting frequently with the syrup. When the apples are done, place them on a flat dish, and pour over them the juice from the pan in which they were baked. Serve cold, with a bowl of whipped cream.

* Coddled Apples.

Pare and core eighteen tart apples. Put a quart of water and a pint of sugar into a large saucepan, and boil for ten minutes; then put into the boiling syrup as many of the cored apples as the saucepan will hold without crowding. Cook gently until a broom-straw can be thrust through them; and when they are done, take them up carefully, and lay them on a large plate or platter. When all have been cooked, sprinkle them with granulated sugar, and put them into the oven for ten minutes; then set away on the platter to cool.

Boil the syrup down to a pint, and cool it. At serving-time lift the apples from the platter to a glass dish, and pour the syrup around them. Great care must be taken that they do not get broken.

Both the fruit and syrup may be flavored with cinnamon by boiling a stick of the spice in the syrup, or with lemon by putting the thin rind and the juice of a lemon on to boil with the sugar and water. If the apples be tart, they will require no flavoring.

* Apples Baked with Butter.

For twelve large apples use four table-spoonfuls of butter, one cupful of sugar, half a cupful of water, and a little nutmeg, if the flavor be liked. Pare and core the apples, being careful not to break them. Place them in a rather shallow earthen dish, and put a teaspoonful of sugar in the centre of each. Put the water, butter, and remainder of the sugar into a little stew-pan, and heat to the boiling-point. Baste the apples with about one-third of this liquid, and put them in a moderately hot oven. Cook until they are perfectly tender, basting three times with the sugar, water, and butter in the pan. The exact time for cooking cannot be given because apples vary so much in size and flavor. A good tart apple will generally cook in thirty-five minutes.

Half a teaspoonful of cinnamon or the grated rind and the juice of a lemon may be cooked with the sugar, butter, and water. If nutmeg be used, grate half of a nutmeg into the saucepan.

These apples make a nice dish for luncheon or tea. Sometimes they are served with cream.

* Baked Quinces.

Wash, wipe, pare, and core a dozen quinces. Place them in a deep earthen dish, and fill the centres with sugar. Pour a cupful of water into the dish, and sprinkle the fruit with sugar, using a cupful for the filling and sprinkling combined. Cover the dish, and set it in a moderate oven to bake for two hours. Serve cold with cream and sugar.

Some folks think it an improvement to put half a teaspoonful of butter into each core; but the use of butter is not recommended.

* Baked Pears.

Wash the pears — the hard kind usually sold for cooking — and put them into a deep earthen dish. For two dozen large ones allow a cupful of sugar and a quart of boiling water. Bake slowly for three hours. They are nice for tea or dessert.

* Stewed Prunes.

Put a pound of prunes into a bowl of cold water, and let them stand for five minutes; then wash them by rubbing between the hands. As they are washed, drop them into another bowl of cold water, and wash them very carefully in this second water. Put them into a stew-pan with a quart of water and three table-spoonfuls of sugar, and heat them slowly to the boiling-point; then simmer gently for two hours. Turn into an earthen dish, and set away to cool. They will keep for several days in cold weather.

The thorough washing and slow cooking are very necessary.

* Rhubarb Sauce.

Rhubarb may be made into a good sauce in spring and early summer. It should be fresh and tender when used. Pare it, and cut it in pieces about an inch long; then wash it, and put it into an earthen baking-dish. For each quart add a cupful of sugar and half a cupful of water. Cover the dish with a large plate, and bake slowly for two hours.

Rhubarb may be put into a stew-pan with sugar and water, and cooked in fifteen minutes, if the water boil all the time; but the sauce will be green and the rhubarb broken, whereas by the first method a rich-colored sauce may be obtained, and the pieces of rhubarb kept whole.

* Dinner Apple Sauce.

Put into a deep earthen dish two quarts of pared and quartered apples, and sprinkle over them half a cupful of sugar, a teaspoonful of ground cinnamon, a cupful of water, and one-third of a cupful of molasses. Cut a table-spoonful of butter into little pieces, and sprinkle upon the ingredients. Cover the dish with a large plate, and bake for an hour in a slow oven.

If you prefer, you may use almost a cupful of either sugar or molasses instead of the smaller quantities of both ingredients, as given above. At any rate, if the sauce be liked exceedingly sweet, it will be necessary to increase the amount of sweetening slightly, whichever plan be followed.

* Evaporated Apple Sauce.

In the spring and early summer the housekeeper often is troubled to make changes in sauces. Most of the winter fruits have gone by; the stock of canned and preserved fruits may be low, and the only fresh fruits in the market are from the South, and are so high-priced that the housekeeper of moderate means does not think of buying them. This is the time when dried and evaporated fruits become especially desirable. If they be properly cooked they will be both appetizing and healthful. When fruits are dried they are, of course, exposed to much dust, and they should therefore be washed very carefully afterward.

Here is a receipt for evaporated apple sauce: Use one pint of the apples, one quart of water, the juice of one lemon, and one cupful of sugar. Wash the apples in cold water, rubbing them between the hands the same as in washing rice. Now put them into a large bowl with the quart of cold water, and soak them over night. In the morning put the apples and water into a porcelain, earthen, or granite-ware stew-pan. Add the lemon juice and sugar, and set the pan on the back part of the range, where its contents will cook slowly for three hours. Do not stir the apples while they are cooking. At the end of the three hours turn the sauce into a bowl, and set away to cool.

Another way of cooking the apple sauce is to prepare it as above, and then turn it into a deep earthen baking-dish. Cover with a large plate, and bake in a slow oven for two hours.

* Evaporated Peach Sauce.

Wash and soak the peaches as directed for apples. In the morning put them into a stew-pan with half a cupful of sugar, and cook slowly for three hours. Cool, and use. More or less sugar may be used if the quantity given does not suit the individual taste, but the addition of sugar will not increase the healthfulness of the dish.

CAKE.

In no department of cookery does the average housekeeper need less instruction than in cake-making. It is the one thing pertaining to cookery that nearly every American girl learns. There are a few principles, however, which, if acted upon, will make the work easier and the results more certain.

Remember that cake and pastry do not belong to the necessaries of life; therefore, if you cannot afford good materials for them, do not attempt to provide them for your table.

The First Steps.

In making cake the work should be done in this order: See that the oven is right for baking, and if coal be used, that there is enough on the fire to last through the baking. Butter the baking-pans, always using washed butter. If the pans be large, line them with thin brown paper, spreading it smoothly on the well-buttered pans. Measure the sugar, flour (which should first be sifted), butter, spice, and seasoning. Count the eggs; then break them, and separate the yolks from the whites. If you are to use baking-powder, or soda and cream-of-tartar, add them to the sifted flour. Mix well, and sift again. If fresh lemons or oranges are to be used, grate the rind and squeeze out the juice. Pour hot water into the bowl in which the cake is to be mixed. If the water be boiling hot, turn it out again immediately, but if only moderately hot let it stand for about half a minute. Wipe the bowl, and put in the butter. Work it with a spoon until soft; then beat it until light and creamy. Gradually beat the sugar into the butter. When the mixture is light and creamy, add the flavor and spice, if any are to be used. Now beat in the well-beaten yolks of the eggs, and the milk (if milk be used), a little at a time. Add the flour and the well-beaten whites. Beat vigorously for half a minute. Spread the batter evenly in the pans, having it a little deeper at the sides than in the centre. This will insure a level surface for the loaf when it is baked. The more quickly the beating and mixing of the cake are done, the lighter and finer will be the cake.

If cake is to be baked in sheets and not to be iced, sprinkle powdered sugar over it before putting it into the oven. This will give a smooth, sugary crust.

The sugar used for cake should be fine granulated in nearly all cases. Powdered sugar makes a dry cake; coarse granulated sugar does not melt, and the cake made with it is coarse and heavy.

Baking Cake.

The baking of the cake is as important as the mixing. For most kinds the oven should be rather slow. If it be too hot for sponge cake, the cake will sometimes rise very high and fall again. In any case it will be coarse-grained and tough. A good test for sponge cake is to put a piece of white paper into the oven, close the door, and open it in five minutes. If the paper be a rich yellow, the oven is right; but if it be light yellow, the oven is too cool, or if a dark brown, it is too hot.

For pound cake the oven should be just hot enough to color the paper light brown. Cup cake requires an oven of about the same temperature. It may, however, be a very little hotter without damage to the cake. Molasses gingerbread and all the thin-rolled cakes require a hotter oven. The paper should turn a dark brown in five minutes.

Great care should be taken to prevent the cake from being jarred while it is baking, particularly when the cake is semi-liquid, as it always is when it has been in the oven only a little while.

When the cake is baked it is a good plan to let it partially cool in the pans. A delicate cake is often made heavy by the jarring when it is taken from the pan hot.

Sponge Cake.

In making sponge cake it is always best to weigh the materials if possible. The best rule for sponge cake is the weight of the eggs in sugar and half the weight of the eggs in flour. For every ten eggs use the juice and rind of one large lemon.

For the benefit of those who have not scales, a rule for measuring the materials is given in the chapter entitled "What All Housekeepers should Know." The method of mixing the cake is the same whether the materials be weighed or measured.

For two sheets of cake use two cupfuls and a half of sugar, two and a half of pastry flour, — or if new-process flour be used, take two cupfuls and half a gill, — ten eggs, and the juice and grated rind of one lemon. Have the oven properly heated, — that is, only moderately hot. Butter the pans, and line them. Weigh or measure the flour and sugar. Grate the rind of the lemon on the sugar. Squeeze the juice into a cup. Break the eggs, putting the whites in a large mixing-bowl and the yolks in a smaller bowl. Beat the yolks with the egg-beater until thick and light. Add the sugar to them, and beat with a spoon until light. Add the lemon juice, and beat two minutes longer. Beat the whites of the eggs to a stiff froth, and cut the beaten yolks and sugar into them, adding a spoonful at a time. This work must be done slowly and carefully. When this is all cut together, add the flour, and cut it in slowly and carefully, keeping the whole mass light and spongy. Pour the mixture into the two pans, and bake for about forty minutes.

The oven should be moderately hot throughout the baking; but for sponge cake it is very essential that the oven be slow at first, even if the heat be increased after the first twenty minutes. It is almost impossible to give the exact time of baking, as the thickness of the loaves of cake and the heat of the oven vary. It is a good plan to try the cake with a straw.

It is of the greatest consequence that the cake shall not be jarred.

*Quaker Sponge Cake.

Here is a list of the materials needed: half a dozen eggs, one cupful and a half of sugar, two cupfuls of sifted flour, four table-spoonfuls of boiling water, two teaspoonfuls of baking-powder, and one teaspoonful of lemon extract.

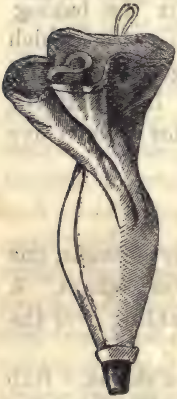
Put the sugar and water on the stove in a small saucepan, and heat to the boiling-point. Put the eggs into a large bowl, and beat with a Dover beater for five minutes. Pour the hot sugar and water upon the beaten eggs, and beat ten minutes longer. Mix the baking-powder and flour, and sift this mixture upon that which has been beaten. Beat quickly and vigorously. Add the lemon extract, and pour the batter into buttered cake-pans. Bake in a moderate oven for twenty-five minutes.

Sponge Fingers.

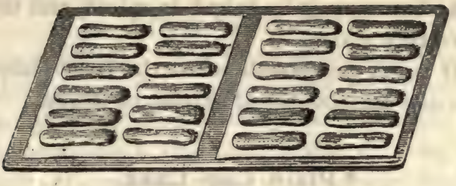
Use six eggs, a scant cupful of powdered sugar, one cupful of flour, and the grated rind of one lemon. A little extra sugar will be required for sprinkling over the fingers.

Have large sheets of paper spread on tin sheets. Rub them over with washed butter. When this has been done, dredge the paper with powdered sugar. Into a large pastry-bag put a tin tube about half an inch in diameter at the small end, and put a small stopper in the outer end of the tube. See that the oven is properly heated. It must be a very moderate heat. Put a piece of white paper in the oven, and if at the end of five minutes it is a yellow color, the oven is all right for the sponge fingers. Should the oven be too hot the cake will rise and then fall. Still, it must be hot enough to form a crust on the cakes quickly, else they will spread and, of course, be spoiled.

Now that everything is ready, make the cake. Grate the rind of the lemon on the sugar. Beat the yolks of the eggs very light. Add the sugar to them, and beat with a spoon until the mixture is smooth and light. Beat the whites of the eggs to a stiff, dry froth. Add the beaten yolks and sugar to the whites, a spoonful at a time. Do not stir the mixture; cut it in lightly. Now sprinkle in the flour, a little at a time, and cut it lightly into the preparation, which must be kept dry and light. If it be stirred it will become liquid and heavy. When the flour has been added, pour the preparation into the pastry-bag. There should be enough to fill about two-thirds of the bag. Twist the cloth at the top, and continue twisting until the cake mixture is pressed well down. Remove the stopper from the tube. Hold the top part of the bag in the left hand. Place the right hand under the bag and near the tube, having the thumb come on top. Bring the point of the tube close to the buttered paper mentioned in the first part of the receipt, and apply a slight pressure with the thumb and fingers of the right hand. This will force the paste out of the bag on the paper. Draw the bag toward you very slowly, continuing the pressure all the while. When the sponge fingers are long enough, remove the pressure, and tip the point of the bag up. This will stop the flow of the



Pastry-bag.



Sponge Fingers.

mixture. The fingers should be four or five inches long. Press them out in rows on the paper until all the preparation has been used. Dredge them thickly with powdered sugar, and bake for about twelve minutes; then remove from the paper, and spread on a dish to cool.

White Sponge Fingers.

Use the whites of six eggs, half a cupful of powdered sugar, half a cupful of flour, and the grated yellow rind of an orange. Mix the sugar and orange rind. Beat the whites of the eggs to a stiff, dry froth. With a spoon beat the sugar into the beaten whites; do not stir it in. Now cut in the flour, a little at a time. Bake the same as the fingers described in the preceding receipt.

Rich Cup Cake.

The materials needed are: one cupful of butter, two of sugar, four scant cupfuls of flour, half a cupful of milk, six eggs, two table-spoonfuls of lemon juice, half a teaspoonful of vanilla extract, one-fourth of a teaspoonful of extract of almond, half a teaspoonful of soda, and one teaspoonful of cream-of-tartar.

Beat the butter to a cream. Gradually beat in the sugar. Add the flavors and the yolks of the eggs, well beaten. Beat in the milk. Add the flour, mixed with the soda and cream-of-tartar. Finally add the whites of the eggs, well beaten. Bake in two loaves in a moderate oven for one hour. The loaves may be round or long;

or half the batter may be baked in a loaf, and the other half in two thin sheets.

When it is not convenient to use the fresh lemon juice, substitute one teaspoonful of extract of lemon.

* Plain Cup Cake.

For two sheets of cake use one cupful of sugar, half a cupful of butter, one cupful of milk, two cupfuls and three-quarters of sifted flour, the rind and juice of one lemon, three eggs, one teaspoonful of soda, and two of cream-of-tartar.

Mix the flour, soda, and cream-of-tartar, and sift the mixture. Beat the butter to a cream. Gradually beat in the sugar. Beat the eggs till light, and beat them into the butter and sugar. Now add the milk, and lastly the flour. Beat vigorously for half a minute. Spread the mixture in two buttered shallow pans. Sprinkle with powdered sugar, and cook for twenty-five minutes in a moderate oven.

Delicate Cake.

For two loaves of this cake use one cupful of butter, two of sugar, one of milk, three and one-half of sifted flour, three table-spoonfuls of wine, one-eighth of a teaspoonful of ground mace, one generous teaspoonful of cream-of-tartar, one scant teaspoonful of soda, and the whites of eight eggs.

Beat the butter to a cream, and gradually beat the sugar into it; then add the wine and mace, and beat two minutes longer. Beat the whites of the eggs to a stiff, dry froth. Add the milk to the butter and sugar; then add the eggs, and finally the flour, mixed with the soda and cream-of-tartar.

Turn the mixture into two deep pans that have been well buttered, and bake in a moderate oven for three-quarters of an hour.

* Plain Spice Cake.

This is delicious. It is made of an egg, two-thirds of a cupful of sugar, the same quantity of molasses and of butter, a cupful of milk, two cupfuls and a half of flour, measured generously, one teaspoonful of soda, one level teaspoonful of cream-of-tartar, one table-spoonful of vinegar or lemon juice, and one table-spoonful of mixed spice.

Beat the egg well, and after adding to it the molasses, sugar, spice, and butter, — the latter being first melted, — beat again. Mix the soda with the milk, and add to the other mixture. Mix the cream-of-tartar with the flour, and stir into the batter; and finally add the vinegar or lemon juice. Pour into two shallow pans, and bake for twenty minutes in a moderate oven.

Lemon Cakes.

For about two dozen small cakes use half a cupful of butter, one cupful of sugar, one cupful of flour, four eggs, the grated yellow rind and the juice of one lemon, and one-fourth of a teaspoonful of soda.

Beat the butter to a cream, and gradually beat the sugar into it. Add the grated rind of the lemon; then the yolks of the eggs, well beaten. Dissolve the soda in the lemon juice, and stir this into the other mixture. Now add the whites, beaten to a stiff froth. Lastly add the flour. Bake in small hearts, rounds, diamonds, etc. When cold, ice them.

This cake may be baked in one sheet if that be preferred to the small cakes.

Pound Cake.

For two large loaves use two cupfuls of butter, two of sugar, four of flour, a dozen large eggs, one-fourth of a teaspoonful of mace, and half a gill of brandy.

Butter the pans, and line them. Measure the sugar, flour, brandy, and cinnamon. Separate the eggs, putting the whites in a large bowl and the yolks in a small one. Beat the butter to a cream, and gradually beat the sugar into it. When the mixture is light and creamy, add the brandy and mace. Beat the yolks till light, and add them to the beaten mixture. Beat the whites to a stiff froth, and stir them into the mixture, alternating with the flour. Pour the batter into the pans, and bake in a moderate oven for about fifty minutes.

Rich Fruit Cake.

For four large loaves use one quart of sugar, one pint of butter, one quart of flour, eighteen eggs, four pounds of stoned raisins, three pounds of currants, one pound and a half of citron, three-quarters of a pound of blanched and pounded almonds, four ounces of cinnamon, six nutmegs, one ounce of mace, one of clove, and one pint of brandy.

Dredge the currants and raisins with one cupful of the flour. Mix the spice with the remainder of the flour. Beat the butter to a cream. Gradually beat in the sugar. Add the brandy, a little at a time, beating until the mass is smooth and creamy. Add the almonds, and beat well. Now add the well-beaten yolks of the eggs, then the whites. Stir the flour in lightly, then the raisins and currants. Spread the cake mixture in layers in the pans, and spread thin slices of the citron on each layer. Bake for four hours in a moderate oven.

Raisin Cake.

Use for two loaves a generous cupful of butter, two of sugar, one of milk, four generous cupfuls of flour, five eggs, one gill of brandy, two nutmegs, half a teaspoonful of soda, and one quart of boiled raisins.

Put the raisins in a small stew-pan, and cover them with cold water. Cook them slowly for half an hour; then drain and cool them.

Beat the butter to a cream. Beat the sugar into it; add the brandy and nutmeg, and beat a little longer. Add the yolks of the eggs, well beaten. Dissolve the soda in the milk, and add this to the beaten ingredients. Now add the flour. Stir in the well-beaten whites of the eggs. Spread the batter in thin layers in two large cake-pans, and sprinkle raisins on each layer. Continue this until all the materials are used. Bake for two hours in a moderate oven.

This cake keeps well.

Raised Loaf Cake.

For three loaves use two quarts of flour, two cupfuls of butter, two cupfuls and a half of sugar, one cupful of milk, one teacupful of yeast, or two-thirds of a yeast cake dissolved in half a cupful of water, three eggs, one gill of wine, one nutmeg grated, one pound of stoned raisins, and one teaspoonful of salt.

Beat the butter and sugar to a cream. Heat the milk to the temperature of about 100°. Pour it into a large bowl, and add the yeast. Gradually beat into this liquid a quart and half a pint of flour. Work half of the creamed sugar and butter into this dough. Cover, and let it rise over night. In the morning add all the other ingredients, except the raisins, having the eggs well beaten. It will be necessary to use the hands to work the ingredients together. Cover, and raise it once more. When it has risen to a sponge, add the raisins, and pour the batter into three buttered pans. Let it rise in the pans for one hour. Bake for an hour and a half.

Fig Loaf Cake.

Use two cupfuls of dark brown sugar, one of butter, one of water, three and one-fourth of flour, four eggs, one teaspoonful each of cinnamon and nutmeg, half a teaspoonful of ground clove, two teaspoonfuls of baking-powder, half a pound of figs, cut in thin slices, and two cupfuls of raisins.

Beat the butter to a cream, and beat the sugar into it. Add the spice and the eggs, well beaten. Now add the water, and finally three cupfuls of the flour, with which the baking-powder should be mixed. Dredge the fruit with the quarter of a cupful of flour. Bake in two loaves in a moderate oven for two hours.

* Bread Cake.

For three loaves use two generous cupfuls of yeast-bread dough, two generous cupfuls of flour, two cupfuls of sugar, one of butter, four eggs, two table-spoonfuls of milk, one teaspoonful of soda, one of cinnamon, one of grated nutmeg, half a pound of currants, and half a pound of chopped raisins.

Beat the butter and sugar together; then add the yolks of the eggs, well beaten, and the spice. Now add the dough, cut into bits, and work well together. Next add the milk; also the soda, dissolved in three table-spoonfuls of water. Work very thoroughly; and when all the ingredients are blended, add the flour. Continue the mixing, gradually working in the fruit. Finally add the whites of the eggs, beaten to a stiff froth. Put the batter into three well-buttered pans, and let it rise for one hour. Bake for an hour in a moderate oven.

Twelfth-Night Cake.

There has been a tendency in late years to revive old customs and amusements, and among the ancient divertisements that have come into favor is the cutting of the Twelfth-Night cake on January 6,—the twelfth day after Christmas, and sometimes called "Little Christmas." A long time ago the observances of Twelfth Night were strictly of a religious character, but they changed materially, and the feature of the holiday became the election of the King of the Bean. A rich or plain round cake was made, containing a bean, a pea, and a clove; and it was iced, and handsomely ornamented. When the family and their friends had gathered in the evening, the cake was cut; and he who got the bean was declared king, and she who found the pea was queen, while the possessor of the clove was called the knave. The others in the company were, for the time, maids of honor and ministers of state. Sometimes the festival began early in the day, and was continued until midnight.

In the revival of the celebration the cake has, of course, a prominent place. Many games have been added. For example, Twelfth-Night crackers (resembling favors for the german) are provided; and as they are pulled apart by ladies and gentlemen, an explosion is caused. Within each cracker will be found two pictures, which serve a souvenirs; and the characters they represent should be assumed during the evening, making a carnival.

To return to the cake, it is best to have a plain one for this occasion, because many people cannot eat rich fruit cake, and also because of the difficulty that might be experienced in finding the bean, pea, and clove in a quantity of fruit. By following the appended rule a cake will be made sufficiently rich for most tastes: —

Use one cupful of butter, two of granulated sugar, four of flour, one of milk, five eggs, the rind and juice of a lemon, a teaspoonful of cream-of-tartar, and half a teaspoonful of soda. For the decorations there will be required three cupfuls of powdered sugar, the whites of three eggs, one table-spoonful of lemon juice, half a pound of French candied cherries, and a quarter of a pound of angelica, unless the same amount of French candied almonds be preferred. There should be three fancy figures to represent the king, queen, and knave;

and for the centre of the cake there should be a crown or a tiny Christmas-tree.

To make the cake, beat the butter to a cream, and gradually beat into it the sugar and lemon juice and grated rind. Add the milk, then the eggs, well beaten, and finally the flour, thoroughly mixed with the soda and cream-of-tartar. Have at hand a large round pan, well buttered, and pour the mixture into it. Drop the bean and clove into one side of the cake, marking their location by two clean broom-straws, and drop the pea into the other side. The straws will not make the cake heavy, and can be drawn out at the proper time. Place the pan in a moderate oven, and bake for an hour and a quarter.

After the cake has been baked and has become partially cool, put the white of one egg into a bowl, and gradually stir into it a cupful of powdered sugar. Spread this mixture over the cake, and while it is hardening, make the icing for decoration. Put the whites of two eggs into a bowl, and beat into them two cupfuls of confectioners' sugar. The addition of sugar should be made very slowly, about two minutes being used for each tablespoonful. Probably an hour will be needed for beating the icing. Add the lemon juice, and beat about three minutes longer.

Spread a thin coat of this icing over the cake. Have ready a bag made by folding a piece of rubber sheeting, about ten inches square, into a triangular shape, and sewing the two edges together. Cut the rubber at the apex just enough to permit a confectioners' small tube to be pushed through,—a tube having at its point small teeth like those of a saw. Pour the remainder of the icing into this bag, and decorate the cake with it. Part should be pressed through the tube, and formed in a wreath on top of the cake, and near the edge. Another wreath should be put around the side of the cake, and near the top, and a third at the base. Make also a small circle in the centre of the top.

Have the cherries cut in two, and the angelica cut in half-disks. Dispose the cherries tastefully on the large wreath on top of the cake, and also on that at the bottom, and arrange the angelica on the wreath at the top of the sides, as well as on the small circle in the centre. It is important throughout the work not to lose knowledge of the location of the bean, pea, and clove. Withdraw the straws, and set the figures of the king and knave on the side containing the bean and clove, and the figure of the queen on that in which the pea was put. Place the little tree in the centre.

In serving the cake, the part containing the pea should be offered to the ladies, and the other half to the gentlemen. It is hardly necessary to say that a very plain cake, with a simple icing, and a little color in the way of candied fruit or confectionery, may afford just as good sport as that made by the foregoing receipt; but the design is to show how a genuine Twelfth-Night cake is made, and it is hoped that the directions may not, because of their fulness, give anybody the erroneous impression that the work is very difficult.

Mocha Cake.

There are three divisions in the making of this cake, giving the receipt the appearance of intricacy, although the work is really simple enough. For the first step these ingredients are required: a cupful of sugar, half a cupful of butter, half a cupful of corn-starch, a scant half-cupful of milk, a cupful and a quarter of flour, the whites of three eggs, half a teaspoonful of cream-of-tartar, and a quarter of a teaspoonful of soda. Butter two shallow cake-pans, and line them with paper. Next beat the half-cupful of butter till creamy, and gradually beat the sugar into it. Mix the flour, cream-of-tartar, and soda, and rub through a sieve; mix also the corn-starch and milk. Beat the whites of eggs to a stiff froth. Add the corn-starch and milk to the blended butter and sugar, and then add the egg froth and the flour. Mix thoroughly but quickly, and spread the batter in the cake-pans. Bake in a moderate oven for about half an hour.

While the cake is cooking, make some mocha cream. Tie loosely, in a piece of cheese-cloth, four large table-spoonfuls of fine-ground coffee, and after putting it into a coffee-pot, pour upon it half a cupful of boiling water. After boiling gently for ten minutes, remove the coffee-pot from the stove; and ten minutes later, pour out the liquid. Reserve three table-spoonfuls, and, putting the remainder into a large cup, add milk enough to fill to the brim. Put this liquid mixture on the stove in a double-boiler. Beat together two table-spoonfuls of flour, a cupful of sugar, an egg, and the yolks of those four eggs the whites of which were used for the cake. Stir this mixture into the coffee when it boils, and cook for twenty minutes, stirring frequently. Set the mixture where it will cool, and when it is only blood-warm, beat into it two table-spoonfuls of butter, a little at a time. Spread on one sheet of the cake, and, placing over it the remaining sheet, ice the top.

Make the icing in this way: Into the unbeaten white of an egg gradually beat a cupful of powdered sugar; then add the three reserved spoonfuls of coffee, and after beating well, add enough sugar to stiffen the icing, — perhaps half a cupful, though only a small quantity at a time. Spread the icing upon the cake, and set away to harden somewhat. It should, however, be soft rather than brittle.

Portsmouth Orange Cake.

This calls for four large eggs, a cupful of powdered sugar, a cupful of granulated sugar, a cupful of flour, measured after a sifting, a teaspoonful of baking-powder, four sweet oranges, and the rind and juice of half a lemon.

Grate the rind of one of the oranges into a deep plate, and squeeze upon it the juice of half the orange. Add a saltspoonful of tartaric acid. Let the grated rind and the juice stand for at least half an hour, and meanwhile mix the baking-powder with the flour, and then sift the latter for a second time.

Separate the whites of the eggs from the yolks. Add the sugar to the yolks, and beat until very light; then add the lemon rind and juice, and beat again. Beat the whites to a stiff froth, and stir them, together with the flour, into the blended yolks and sugar. This work must be done lightly and quickly, portions of the flour and egg being added alternately, and the mixture being cut lightly with a spoon. Bake in two shallow pans in a moderate oven for eighteen minutes.

While the cake is baking and then cooling, prepare the oranges and icing. To make the icing, pour upon the cupful of powdered sugar the orange juice and rind that were put aside at the outset; and with a good stirring the work is completed. If the orange was very large and juicy, more than a cupful of sugar may be needed; if, on the contrary, it was not large, a little more juice may be required than can be extracted from half the orange. The icing should be thick enough for spreading smoothly and thickly over the cake.

Pare the three and a half remaining oranges, and with a sharp knife cut them into thin slices, lengthwise. Remove all the seeds. When the cake has partially cooled, spread upon one sheet the sliced orange and the juice which is drawn in the act of slicing. Lay the second sheet upon the first, and after spreading with icing, set away until the icing has become hard. The cake will be ready in an hour or two.

Lemon Jelly Cake.

This cake is made of a teacupful of sweet cream, two teacupfuls of sugar, two of flour, two eggs, a teaspoonful of cream-of-tartar, and half as much soda. Beat the eggs till very light; then add the sugar, and beat five minutes longer. Add the cream, and finally the flour, with the soda and cream-of-tartar mixed with it. Wash a small quantity of butter in cold water, so as to extract all salt from it; then use it for buttering four deep tin plates. Pour the batter into these plates, and bake in a moderate oven for about twenty minutes.

To make the jelly or filling, take a cupful of sugar, the grated rind of one lemon, and the juice of one and a half, two eggs, and two table-spoonfuls of water. Beat the eggs well, and then put all the ingredients on the stove, in a basin, to cook for seven minutes over a slow fire. Stir all the while. On taking the mixture from the fire, let it cool; then spread upon two of the cakes, and place the remaining cakes upon the first two.

Lemon jelly cake should not be made unless it is to be served fresh.

Chocolate Cake.

Use six eggs, a cupful of sugar, a quarter of a pound of Baker's chocolate, the grated rind and the juice of half a lemon, a table-spoonful of flour, a quarter of a teaspoonful each of cinnamon, clove, and baking-powder, and about two table-spoonfuls of currant jelly. A table-spoonful of flour may seem like a small quantity, but is enough.

Grate the chocolate, and add to it the spice, flour, and baking-powder. Beat the yolks of the eggs; and after adding the sugar, beat until very light. Add the lemon juice and rind; and when all these ingredients have been well blended, put the dry mixture with them. At the last moment, taking a spoon, cut in the whites of the eggs, which should previously be beaten to a stiff froth. Pour about half an inch thick into shallow pans, and bake for half an hour in a moderate oven. Two sheets may be made with this quantity of batter. When they are cool, spread one sheet with a thin layer of currant jelly, and place the other upon the first. If you choose, frost lightly with soft icing, and cut into squares.

This is a nice cake even without icing, and is especially good with vanilla ice-cream. Indeed, it is more like a delicate confection than a cake. If one conclude to have an icing, it should be made by breaking an egg into a bowl, gradually adding a cupful of powdered sugar, and beating well with a spoon. Half a teaspoonful of vanilla extract gives the proper flavor.

Use three cupfuls of sugar, three of flour, eight eggs (putting aside the white of one for the filling, which is to be made later), six table-spoonfuls of water, the juice of a lemon, and three teaspoonfuls of baking-powder.

Beat the sugar and yolks of the eggs together until light. Beat the whites to a stiff froth. Mix the baking-powder and flour. Add the lemon juice and water to the beaten yolks and sugar; then add the whites, and finally the flour and baking-powder. Spread this mixture in three shallow pans that have been well buttered, and bake in a moderate oven for about twenty-five minutes.

Meanwhile make the filling, taking for this purpose, four ounces of chocolate, half a pint of boiling water, one cupful of sugar, half a cupful of cream, one teaspoonful of vanilla extract, and the white of an egg. Scrape the chocolate, and put it into a small frying-pan with eight table-spoonfuls of the sugar and four table-spoonfuls of the hot water. Stir over a hot fire until the mixture becomes smooth and glossy; then add the remainder of the boiling water, the cream, and the remainder of the sugar. Stir until the mixture boils up, and then add the spoonful of vanilla extract and the white of the egg, beaten well.

When the filling gets cool, spread it between the sheets of cake, thus having two layers of chocolate and three of cake. A thin coating of chocolate may be put on the top sheet of cake.

This delicious cake is made in three parts, as follows:

First. — Put into a saucepan one cupful of sugar, half a cupful of milk, half a cupful of grated chocolate, the yolk of one egg, and a teaspoonful of vanilla extract. Beat the mixture well, and place it on the stove. Stir frequently until it begins to boil; then let it simmer until it becomes smooth. Set away to cool.

Second. — Beat half a cupful of butter until it becomes creamy, and gradually beat into it one cupful of sugar. Add two well-beaten eggs, half a cupful of milk, in which a scant teaspoonful of soda has been dissolved, two cupfuls of flour, and finally the cooled chocolate mixture. Bake in four deep tin plates, in a moderate oven, for about twenty minutes. When the cakes are cool, spread between them, and over the top sheet, layers of icing made as follows: —

Third. — Boil two cupfuls of sugar with one-fourth of a cupful of water for five minutes. Beat the whites of two eggs to a stiff froth, and pour the hot syrup upon them, beating all the while. The syrup must be poured in a thin, thread-like stream.

Cream Walnut Cake.

This is made in three parts, — first the cake proper, then the icing, and finally the filling.

To Make the Cake. — Use one cupful of sugar, half a cupful of butter, half a cupful of milk, two cupfuls of sifted flour, two eggs, and two level teaspoonfuls of baking-powder. Beat the butter to a cream, and gradually beat into it the sugar; then add the eggs, well beaten; next the milk, and afterward the flour, mixed with the baking-powder. Spread this mixture smoothly in four deep jelly-cake plates, and bake in a moderate oven for eighteen minutes. On taking the cakes from the oven place them on plates; and when they have become partially cooled, ice two of them.

To Make the Icing. — Put the white of a small egg into a bowl, and gradually beat into it two-thirds of a cupful of powdered sugar and two table-spoonfuls of sherry. The icing will be very thin, but this is what is desired.

To Make the Filling. — Soak two table-spoonfuls of gelatine in four table-spoonfuls of cold water for two hours. Put a generous quart of whipped and drained cream into a small tin or granite-ware basin, and place this basin in a pan of ice-water. Sprinkle over the cream four table-spoonfuls of powdered sugar and two of sherry. Pour two table-spoonfuls of boiling water over the soaked gelatine, and stir until the latter is dissolved. Strain the liquid into the cream, stirring from the bottom all the while. When the mixture has become so thick that a spoonful of it will not sink into the rest when dropped, it will be ready for spreading on the cake.

Spread half of the cream on the two cakes that have not been iced. Sprinkle over these same cakes one-third of a cupful of fine-chopped English walnuts, and spread the remainder of the cream over all. Put the iced cakes on top, and set away in a cold place. The cakes may be decorated with cream walnuts obtained of a confectioner.

Othello Cake.

For the cake there will be required one cupful of sugar, half a cupful of butter, one cupful and three-fourths of flour, half a cupful of milk, the whites of two eggs, and the yolks of four, one teaspoonful of baking-powder, half a teaspoonful of vanilla extract, and one ounce of chocolate.

Scrape the chocolate, and put it in a small frying-pan with three table-spoonfuls of the sugar and one table-spoonful of water. Beat the butter to a cream, and gradually beat into it the sugar. Place the frying-pan with the chocolate over a hot fire, and stir until the chocolate mixture is smooth and glossy. Add this and the vanilla to the creamed sugar and butter. Beat well; then gradually beat in the milk. Next add the yolks of the eggs, well beaten; then the flour, in which the baking-powder has been mixed; and finally the whites of the eggs, well beaten. Spread this mixture in four well-buttered Washington-pie plates. Bake about eighteen minutes in a moderate oven.

Icing. — For the icing use the whites of two eggs, two cupfuls of powdered sugar, two ounces of chocolate, two table-spoonfuls of water, one teaspoonful of vanilla extract, and one pint of walnut meats.

Put aside half a pint of whole walnut meats; chop the remainder moderately coarse. Scrape the chocolate, and put it in a small frying-pan with six table-spoonfuls of sugar and two table-spoonfuls of the water. Put the whites of the eggs in a bowl, and add a table-spoonful of sugar to them. Beat for five minutes; then add another table-spoonful of sugar. Continue this until all the sugar has been beaten into the eggs. Now put the frying-pan over a hot fire, and stir until the chocolate is smooth and glossy. Pour this preparation into the icing; add the vanilla, and stir well. Put two of the cakes on plates; spread a layer of the icing on each cake. Sprinkle the chopped walnut meat over the icing, and put the other two cakes on top of the first two. Cover them with icing, and decorate with the whole walnut meats. Set in a cool place to harden the icing.

Neapolitan Cake.

This cake is made of four colors, — white and pink, yellow and brown. For the white and pink cake use half a cupful of butter, one of sugar, two cupfuls of flour, half a cupful of milk, the whites of four eggs, one teaspoonful of baking-powder, half a teaspoonful of vanilla extract, and about one teaspoonful of liquid cochineal. Beat the butter to a cream; gradually beat in the sugar. Add the flavor. Beat in the milk, a little at a time. Add the flour, in which the baking-powder has been well mixed; and last of all, add the whites of the eggs, well beaten. Spread one-half of this batter in a shallow cake-pan; to the other half add the cochineal, a few drops at a time, until the mixture is colored pink. Spread this in a second pan, and bake in a moderate oven for twenty minutes.

For the yellow and brown cake use half a cupful of butter, one of sugar, half a cupful of milk, one and three-fourths cupfuls of flour, the yolks of four eggs and one whole egg, one teaspoonful of baking-powder, one ounce of chocolate, three additional table-spoonfuls of sugar, one table-spoonful of water, and half a teaspoonful of vanilla extract. Make the cake the same as the white and pink. Put the scraped chocolate, the three table-spoonfuls of sugar, and the water in a small frying-pan; stir over a hot fire until smooth and glossy. Add this to one-half of the cake batter. Bake the yellow and brown cake in two pans, like those in which the white and pink were baked, in a moderate oven for about twenty-two minutes. Beat three table-spoonfuls of powdered sugar into the unbeaten white of one egg; add a table-spoonful of orange juice to this. Spread a thin layer of this icing on the pink cake; place the white cake on it, and spread over this a thin layer of the icing. Add the yellow cake, and spread the remainder of the icing on it; and place the brown cake on this. Put a sheet of tin on top of the last layer, and on the tin place two bricks. Let the cake stand for an hour or two, and then take off the weights. This cake may be frosted or not, as one pleases.

October Cake.

Make half of the rule for rich cup cake. Spread it in three Washington-pie plates, and bake in a moderate oven for twenty minutes. Make half the rule for boiled icing, but boil the sugar and water for ten minutes. Add to it a generous half-cupful of cocoanut, freshly grated, or about one-third of a cupful of the desiccated cocoanut. Make the rule for chocolate icing, using, however, only two-thirds of a cupful of sugar. Beat half a tumbler of currant jelly until so smooth that it will spread easily. Put one cake on a large plate, and spread the cocoanut icing on it; place a cake on top of this, and spread the chocolate icing on it. Now put the third cake on top of the others, and spread the jelly over it. The icings and jellies are to be spread so that they shall run over the edges of the cake, the mingled colors giving the autumnal effect.

Cocoanut Cake.

Half a cupful of butter, one cupful of sugar, two cupfuls of flour, half a cupful of milk, half a cupful of desiccated cocoanut, or one cupful of freshly grated fruit, the whites of three eggs, the juice of one lemon, one teaspoonful of cream-of-tartar, and one level teaspoonful of soda.

Soak the cocoanut in the milk. Beat the butter to a cream; beat the sugar into it; add the lemon juice, and beat two minutes longer. Now add the milk and cocoanut, and beat well. Then add the whites of the eggs, beaten to a stiff froth. Add the flour, in which the soda and cream-of-tartar have been mixed. Beat quickly, and pour into two shallow pans. Bake for half an hour in a moderate oven.

Ice-cream Cake.

For the cake proper there will be required half a cupful of butter, one cupful and a half of sugar, two cupfuls of flour, half a cupful of milk, the whites of five eggs, two level teaspoonfuls of baking-powder, and half a teaspoonful of vanilla extract.

Beat the butter to a cream, and gradually beat into it the sugar, and then the vanilla. Now add the milk, and also the whites of the eggs, beaten to a stiff froth. Finally stir in the flour and baking-powder, mixed together. Pour this batter into shallow cake-pans that have been well buttered, and bake in a moderate oven for twenty-five or thirty minutes. When cool, ice.

To make the icing, put two cupfuls of granulated sugar into a stew-pan with half a cupful of boiling water, and boil gently for ten minutes. Beat the whites of two eggs to a stiff froth. When the syrup is cooked, pour it gradually upon the beaten whites. There should be only a thin stream of syrup, and the eggs should be beaten all the while the syrup is poured. Two persons can do this work better than one. Continue beating the whites for two minutes after all the syrup has been added; then add half a teaspoonful of vanilla extract.

Spread a thick layer of the icing on one sheet of the cake. Place the other sheet on top of the first, and ice the top and sides. The cake will be ready for use in an hour. It may be kept for days.

* Hot Tea Cake.

Beat together a table-spoonful of butter and a cupful of sugar, and when they are well mixed add two well-beaten eggs. Continue the beating for a while, and then add a cupful of sweet milk. Put two cupfuls of sifted flour into a sieve with three teaspoonfuls of baking-powder, and after mixing the two ingredients well, sift them into the bowl containing the first mixture. Stir well, and season with a slight grating of nutmeg. Pour the mixture into two buttered shallow pans, and bake in a moderate oven for twenty minutes.

* Blueberry Cake.

For two sheets of cake take a cupful of sugar, a tablespoonful of butter, an egg, three cupfuls of blueberries, — or more, if you choose, — a cupful of milk, two cupfuls and a half of sifted flour, three teaspoonfuls of baking-powder, and a light grating of nutmeg.

Rub the butter and sugar together. Break the egg upon this mixture, and beat thoroughly; then add the milk, and next the flour, in which the nutmeg and baking-powder have been mixed. Beat quickly and vigorously, and afterward stir in the berries very gently. Pour into buttered pans, and bake in a rather hot oven for thirty-five minutes.

* Poverty Cake.

Make this of one cupful of sugar, two cupfuls and a half of sifted flour, one large table-spoonful of butter (lard or drippings will do), one teaspoonful of cream-of-tartar, half a teaspoonful of soda, or one teaspoonful and a half of baking-powder, half a teaspoonful of salt, and one cupful of milk.

Have the butter soft, and rub it together with the sugar. Mix the soda with the flour, and rub through the sieve. Add the milk to the sugar and butter; then add the flour and a little nutmeg. Bake in shallow pans in a rather quick oven for twenty-five minutes.

A few currants make a pleasant change. The quantities given will make two sheets.

* Soft Sugar Gingerbread.

This is a delicious gingerbread, and is made of two cupfuls of sugar, one of milk, three of flour, two-thirds of a cupful of butter, two eggs, one teaspoonful of cream-of-tartar, half a teaspoonful of soda, and one table-spoonful of bright yellow ginger.

Beat the butter to a cream, and gradually beat the sugar into it. Add the ginger, the eggs, well beaten, the milk, and finally the flour, mixed with the soda and cream-of-tartar. Spread this batter in four buttered shallow cake-pans, and bake for a quarter of an hour in a rather quick oven. On removing the gingerbread from the oven, sprinkle it with sugar. Cut it into broad strips, and spread on a large dish to cool. It will, of course, be very thin. If one prefer, ginger not so strong as the yellow kind may be used.

* Troy Molasses Cake.

Mix together half a cupful of sugar, half a cupful of molasses, and a table-spoonful of butter. Dissolve an even teaspoonful of soda in half a cupful of sweet milk, and add it to the mixture; add also an egg, well-beaten; and after mixing all these ingredients thoroughly, add two cupfuls of flour. Give the batter another good stirring, and spreading it two inches thick in shallow tin pans, bake it in a rather quick oven for from twenty to twenty-five minutes. This cake when hot is particularly nice for luncheon.

* Delicate Molasses Gingerbread.

Use two cupfuls of flour, measured after sifting, one cupful of molasses, half a cupful of sour milk or cream, one teaspoonful of soda, one of ginger, half a teaspoonful of salt, one generous table-spoonful of butter, and one of water.

Put the molasses, milk, salt, and ginger in a bowl. Dissolve the soda in the cold water, and add it, with the butter, melted, to the mixture in the bowl. Now add the flour, and beat quickly. Pour the mixture into three deep tin plates that have been well buttered, and bake in a quick oven for from eighteen to twenty minutes. Serve while fresh; it will be especially nice then.

* Soft Molasses Gingerbread.

A cupful of molasses, a cupful of sour cream, two cupfuls of flour, an egg, a large teaspoonful of ginger, two level teaspoonfuls of soda, and half a teaspoonful of salt are blended to produce soft gingerbread.

Put the molasses, cream, salt, and ginger into a bowl. Beat the egg well. Dissolve the soda in one table-spoonful of cold water, and stir the liquid into the mixture in the bowl. Add the beaten egg, and then the flour, and after beating the batter vigorously for one minute, pour it into two buttered shallow pans, and bake for twenty minutes in a rather hot oven.

* Bath Soft Molasses Gingerbread.

For three sheets of this delicious gingerbread use two cupfuls of molasses, three of flour (measured before sifting), one of buttermilk or sour milk, two-thirds of a cupful of butter, one egg, one table-spoonful of soda, one teaspoonful of ginger, or three if a strong flavor be desired.

Put the butter and molasses in a tin pan, and place the pan on the fire. When the molasses boils up, add the ginger and soda. Take from the fire, and add the milk and beaten egg; then sift the flour into the pan. Beat well, and pour into three well-buttered pans. Bake in a rather quick oven for twenty minutes.

* Buffalo Soft Molasses Gingerbread.

Use two cupfuls of molasses, one of sugar, one of sour milk, four of flour, two eggs, one teaspoonful of soda, two teaspoonfuls of ginger, a level teaspoonful of salt, one teaspoonful of cinnamon, and two table-spoonfuls of water.

Beat the sugar and molasses together. Add the ginger, salt, cinnamon, and sour milk. Dissolve the soda in the water, and add it to the mixture. Now add the eggs, well beaten, and lastly the flour. Bake in shallow pans, in a moderately quick oven, for twenty minutes. This quantity will fill four small cake-pans.

* Ginger Snaps.

Beat a cupful of butter in a warm bowl until it becomes soft and creamy; then gradually beat into it a cupful of sugar, a cupful of molasses, and a table-spoonful of ginger. Dissolve a teaspoonful of soda in half a gill of cold water, and stir into the mixture already prepared. Gradually add three pints of flour, beating well all the while; then roll the batter very thin, cut out the cakes, and bake in a quick oven.

* Cream Cookies.

If one be careful to use no more flour than the rule states, and to have a quick oven for the baking, these cookies will be very delicate. They are made of a cupful of sour cream, two cupfuls of sugar, six of sifted flour, an egg, a teaspoonful of soda, one-third of a teaspoonful of salt, and half a nutmeg, or one table-spoonful of caraway seeds.

Dissolve the soda in a table-spoonful of cold water. Beat the egg till very light. Add the dissolved soda to the sour cream; then stir the sugar, salt, and egg into the cream. Reserve a small part of the flour, and add the rest of the liquid mixture; finally add the nutmeg, grated, or the caraway seeds.

Sprinkle a board with about two table-spoonfuls of flour, and after rolling a small piece of the dough down to the thickness of one-third of an inch, cut it into cakes with a round, plain, or fluted cutter. Continue rolling and cutting the dough until all has been used. Place the cookies on tin sheets or in pans that have been buttered lightly with washed butter, and bake in a quick oven for six or seven minutes. When the cakes get brown they will be cooked sufficiently. Cool on a sieve, and put away in a tin box.

With the quantities of ingredients mentioned between forty and fifty cookies may be made, the number depending, of course, upon the size of the cutter and the thickness of the dough.

Scotch Cakes.

These are peculiar cakes, very rich and nutty in flavor. One is apt to like them very much or not at all. By following this receipt only a small quantity will be made; so, in experimenting, one need not waste a large amount of materials. The measurements should be exact, and great care should be taken in the mixing and baking.

Only three ingredients are required, — a cupful of butter, half a cupful of sugar, and one pint and three-fourths of flour. Mix the flour and sugar. Beat the butter to a cream, and gradually beat it into the dry mixture. The new mixture will be stiff and brittle, and must be worked thoroughly with the hands until it becomes pliable. Sprinkle a board lightly with flour, and, laying half of the mixture upon it, roll it down to the thickness of about half an inch. Cut into four parts, and pinch the edges with the fingers, to make little scallops. Bake in a moderate oven for a quarter of an hour.

These cakes are nice to serve with preserves, marmalades, and fruit jellies.

* Muster Gingerbread.

The materials required are: two cupfuls of molasses, a generous half-cupful of butter or lard, seven cupfuls of sifted flour, two table-spoonfuls of milk, one of water, one teaspoonful of salt, two of ginger, two generous teaspoonfuls of soda, and one-fifth of a teaspoonful of alum. One egg and half a cupful of milk or cream also will be needed for glazing the cakes. If alum be objectionable, substitute cream-of-tartar.

Melt the butter or lard, and mix it in a large bowl with the molasses, salt, and ginger. Pour the table-spoonful of boiling water on the alum. Dissolve the soda in the milk, and add the milk and the boiling water to the mixture in the bowl. Stir well, and then beat in the flour. Let the dough stand for two or three hours, or even over night; then beat it again, and make it into small balls. Roll these into squares about one-third of an inch thick, and place in baking-pans.

Beat the egg well, and then beat with it the cream or milk. Brush the mixture over the squares. Bake the cakes in a quick oven from eight to ten minutes.

* Sugar Card Gingerbread.

Use one cupful of butter, one of sour milk, two of brown sugar, two eggs, one teaspoonful of soda, two of ginger, half a teaspoonful of salt, six scant cupfuls of flour, and one table-spoonful of water.

Beat the butter to a cream, and gradually beat in the sugar, and then the salt and ginger. Next add the eggs, well beaten. Dissolve the soda in the table-spoonful of cold water, and stir the water into the sour milk. Continue the stirring for a moment; then add the liquid to the mixture in the bowl. Gradually beat in the flour. Sprinkle the board with a little extra flour, and, putting about one-fourth of the dough upon it, roll down to the thickness of about half an inch. Cut in squares, place in buttered pans, and bake in a hot oven for about eight minutes.

Cream Cakes.

Use one cupful of boiling water, half a cupful of butter, one cupful and three-fourths of flour, two table-spoonfuls of sugar, and five eggs. Put the water, sugar, and butter on the stove in a flat saucepan, and when they boil up, stir in all the flour at once. Beat well for four or five minutes; then, when the mixture becomes cooled, break the eggs into a bowl, — but do not beat them, — and turn out the broken eggs upon the paste, about half at a time. Beat the new mixture for half an hour. When it becomes light, drop it on a tin sheet, allowing about a table-spoonful for each cake, and having the cakes about two inches apart. Bake for half an hour in a rather quick oven; then cut open the sides of the cakes with a small sharp-pointed knife, and fill the cakes with cream made as follows: —

Put a cupful and a half of milk on the stove in a double-boiler. Beat together two-thirds of a cupful of sugar, two table-spoonfuls of flour, two eggs, and one-fourth of a teaspoonful of salt, and stir the mixture into the boiling milk. Cook for fifteen minutes, stirring often. When cold, flavor with one teaspoonful of vanilla extract.

Doughnuts and Crullers.

There seems to be a great diversity of opinion in regard to what are crullers and what are doughnuts. In some sections of the country only those cakes which are raised with yeast are called doughnuts, those made with soda and cream-of-tartar or baking-powder being called crullers.

In other parts of the country fried cakes that are made with sugar, butter, flour, eggs, and some kind of flavoring are called crullers, and all kinds of fried cakes into the making of which enter a liquid and some substance for lightening the dough, like baking-powder or yeast, are called doughnuts. It seems as if this distinction should be observed.

For frying doughnuts and crullers the fat should be about four inches deep, when it is melted in the kettle. Heat the lard slowly. When it is so hot that it hisses if a small piece of dough be dropped into it, it is ready for frying. If so hot that the dough turns dark brown in a minute, remove to a cooler place before putting in the doughnuts. Drop in but a few at a time. They will fall to the bottom at first, but should rise again almost immediately. When done, they should be drained on a sieve or in a colander, then removed to a dish to make room for the next batch. They must be handled lightly, and as little flour as possible should be used in cutting them out.

Crullers.

Use half a cupful of butter, one cupful of sugar, about three cupfuls of flour, three eggs, one nutmeg, and the grated yellow rind of a lemon.

Beat the butter to a cream. Gradually beat the sugar into it; then add the well-beaten yolks and the nutmeg and lemon. Next add the whites, beaten to a stiff froth. Beat in the flour, a little at a time. Sprinkle the moulding-board with flour. Put about half the dough on it and roll down to the thickness of half an inch. With a jagging-iron cut this into long narrow strips, and twist them into various shapes. Fry for about six minutes.

Dropped Doughnuts.

For a large plate of these doughnuts use half a cupful of sugar, two table-spoonfuls of butter, half a cupful of milk, two cupfuls of flour, three eggs, half a teaspoonful of salt, one generous teaspoonful of baking-powder, and a slight grating of nutmeg.

Beat the butter to a cream, and beat the sugar into it. Add the grated nutmeg, the salt, and the eggs, — yolks and whites, beaten separately. Now add the milk, and finally the flour, with which the baking-powder should be mixed. Beat vigorously for a minute. Drop this batter by teaspoonfuls into fat, and cook for about five minutes. Drain on brown paper, and sprinkle with sugar.

Rich Doughnuts.

These are made of a quart of flour, a cupful of sugar, three table-spoonfuls of butter, four eggs, one gill of milk, the grated rind of one lemon, half a nutmeg, grated, half a teaspoonful of salt, and two teaspoonfuls of baking-powder.

Mix the baking-powder, salt, and nutmeg with the flour, and rub the mixture through a sieve; then rub the butter into the flour. Beat the eggs until light, and beat in the sugar and grated lemon rind. Add the milk, and then pour the liquid upon the dry ingredients. Sprinkle the moulding-board with flour. Put a small piece of dough upon it, and after rolling down to the thickness of about an inch, cut with a round cutter that removes a piece from the centre. Fry the doughnuts in lard for about six minutes. On taking from the fat, drain them well; afterward sprinkle with powdered sugar.

* Plain Doughnuts.

The materials are: one cupful and a fourth of sugar, one cupful and a fourth of milk, two eggs, two teaspoonfuls of cream-of-tartar, one teaspoonful of soda, one teaspoonful of salt, one nutmeg, and flour enough to make a soft dough, — about three cupfuls and a half.

Beat the eggs very light, and beat the sugar into them. Add the salt and the nutmeg, grated. Next add the milk, and finally the flour, in which the soda and cream-of-tartar should be mixed. Roll, cut, and fry the dough the same as in making rich doughnuts.

* Raised Doughnuts.

The materials are: one cupful of boiled milk, one of sugar, half a cupful of butter and lard mixed, one egg, one level teaspoonful of salt, one-fourth of a yeast cake or one-fourth of a cupful of liquid yeast, one-fourth of a teaspoonful of soda dissolved in a table-spoonful of water, one grated nutmeg, one teaspoonful of cinnamon, three gills of warm water, and about two quarts of flour.

About three o'clock in the afternoon make a sponge with the water, yeast, and five gills of flour. Beat very thoroughly, and after covering, set in a warm place to rise. In the evening, about half-past nine, add all the other ingredients, — the egg being well beaten. Knead the dough thoroughly, and after returning it to the bowl, cover it, and set in a warm place to rise.

In the morning knead the dough again, and let it rise once more. When it is spongy again, sprinkle a board with flour, and turn the dough on it. Do not knead it this time. Roll it down to the thickness of half an inch. With a jagging-iron or a sharp knife, cut the dough into any shape you like. One of the best is what is called the twist; cut long narrow strips of the dough, double these, and twist loosely. Let the doughnuts rise on the board for twenty minutes. They should be covered all the while with a light cloth. Fry in lard for about six minutes.

HOW TO ICE AND DECORATE CAKE.

When cake is to be iced it is always best to spread a thin coating of icing over it while the cake is still warm. Unless the first coat be put on thin and rough, the second one will not stick. Now spread the cake thickly with icing. If the royal icing be used, draw a clean knife through it in the manner in which the cake is to be cut, whether it be squares or slices. With the softer icings this is not possible, as they would run together again.

Let the icing harden; it will take only about an hour for the surface to become hard, but several hours for it to get dried all through. Never put it in a warm place to dry.

If the cake is to be decorated, the work can be done as soon as the surface of the icing is dried. There will be required one or two small bags, made of rubber sheeting, also several confectioners' small tubes. In making a bag a square of rubber sheeting, about a foot square, is folded from two opposite corners, which gives it a triangular shape. Stitch this; then cut off a small piece at the bottom, and press a tube into the opening (see illustration for sponge fingers, p. 746). Fill the bag with royal icing, and press this out in any design you please. Tubes come in tin and brass; but as the tin do not keep their shape, it is better to buy those made of brass. Both tubes and bags can be obtained at a confectioners' supply store.

One must not expect to rival a regular confectioner in the work of icing and decorating. It takes a good deal of practice to do the work well. It is a good plan to draw some designs on sheets of paper, place a sheet of clear glass over this, and decorate with icing; scraping off and using the icing again and again until you can execute the work satisfactorily.

When a name or date is to be placed on the cake, color a little of the icing with a few drops of cochineal or a little dissolved chocolate. Put a very small plain tube in a bag, and then pour in the colored icing. Trace the name or figures on the centre of the cake, and follow the pencil lines with the tube. Or a pretty design can be made by using the white icing with a rather large tube that is serrated on one side and slightly flattened. This will give broad, flat letters. Ornament these letters with bright candied fruits, cut in small pieces.

After one learns how to use the bag and tube the variety of decorations that may be used on cakes is limited only by one's ability in designing.

Royal Icing.

This icing must be made carefully, else it will not be smooth and glossy, and keep its shape when pressed into various forms. The exact amount of sugar cannot be given for an icing which is made with the whites of eggs and sugar, as the size of the eggs varies. About a teacupful of confectioners' sugar to the white of an egg is the proper amount as well as can be estimated.

Put the whites in a bowl with one table-spoonful of sugar. Beat with a spoon for about five minutes; then add another spoonful of the sugar, and beat again. Add all the sugar by spoonfuls, and beat well between each addition. It takes nearly an hour to make this icing, beating all the time. When it is done it will be light, and hang from the spoon without falling. If the sugar should be added too rapidly, the icing would not be smooth and glossy. Flavor with lemon juice. Keep the dish covered with a wet towel until you are ready to use it.

* Cream Icing.

Put into a bowl the white of one egg, two table-spoonfuls of water, and half a cupful of confectioners' sugar. Beat well. Continue beating and adding sugar until the mixture is smooth, and so thick that it can be spread easily, and yet will not run off the cake.

This can be used for all simple icing. It may be flavored with lemon or vanilla. If the water be omitted a firmer icing will be the result.

This icing can be made in five minutes. It is only suitable for spreading on plain cakes, as it will not hold its shape.

* Chocolate Icing.

Scrape one ounce of chocolate, and put it into a small frying-pan with three table-spoonfuls of sugar and one of water. Stir over a hot fire until smooth and glossy. Stir this into a cream icing.

Cocoanut Icing.

Beat the white of one egg rather light, and beat into it one teacupful of powdered sugar. Add two table-spoonfuls of lemon juice and one cupful of grated cocoanut. Spread on the cake, and sprinkle grated cocoanut over it.

* Coffee Icing.

Put half a gill of very strong coffee into a saucepan. Add to it one cupful of confectioners' sugar. Stir over the fire until it is warm ; then spread on the cake.

* Orange Icing.

Grate the yellow rind of an orange into a bowl. Add four table-spoonfuls of juice, and let the preparation stand for an hour or more. At the end of this time add half a saltspoonful of tartaric acid. Stir well, and gradually beat in powdered or confectioners' sugar until the icing is thick enough to spread on the cake. It will take about a generous cupful of sugar.

Wine Icing.

Boil together for fifteen minutes one cupful of sugar and half a cupful of water. Add to this half a gill of wine, one table-spoonful of lemon juice, and enough confectioners' sugar to thicken the mixture to a smooth thin paste. Spread the icing on the cake while it is still hot.

Boiled Icing.

Put in a small saucepan one cupful of granulated sugar, one-fourth of a cupful of boiling water, and one-fourth of a teaspoonful of cream-of-tartar. Boil for six minutes. Beat the white of an egg to a stiff froth, and gradually beat into it the boiled sugar, pouring it in a thin stream. Beat for five minutes after the last of the sugar has been added. Flavor to suit your taste.

Do not stir the sugar while it is being boiled.

Fondant Icings.

Put into a small granite-ware saucepan one cupful of sugar and half a cupful of boiling water. Place on the fire, and boil for twelve minutes. Take a drop of the syrup on the point of a skewer. Let it cool slightly, and then rub it between the thumb and finger. If on drawing the finger and thumb apart, sticky threads are formed, the sugar is done. Pour it, in that case, on a large platter and let it cool. When so cool that it can be handled, work it with the hands until a smooth creamy mass is formed. This is the fondant.

When the cake is to be iced, put the fondant in a saucepan, and place this pan in another containing boiling water. Keep on the fire until the fondant is melted. Flavor to suit the taste, and ice the cake.

This is a particularly nice icing for small cakes. Fasten them on a skewer, and dip them in the icing. The icing will be smooth and glossy, and also very soft.

Fruit Fondant Icings.

Put into a granite-ware saucepan one cupful of sugar and half a cupful of boiling water. Boil rapidly for fifteen minutes. Take up a drop of the syrup on the point of a skewer, and put it in cold water. Rub it between the fingers, and if it forms a firm ball the syrup is cooked enough. If the ball cannot be formed, cook the syrup until it will ball. Now add four table-spoonfuls of any kind of fruit juice, and boil two minutes longer. Try the syrup, and if it forms into sticky threads when the fingers are drawn apart, it is cooked enough. Pour it on a platter, and when cool, treat in the same manner as the plain fondant icing.

When strawberry, raspberry, or any of the bright fruit juices are used, a few drops of liquid cochineal should be added if the icing be desired bright.

BREAD, ROLLS, AND MUFFINS.

YEAST.

In cities and large towns one can obtain compressed yeast, which is made fresh every day and gives satisfactory results. It is less expensive to buy these cakes than to make liquid yeast, and one avoids the trouble of caring for her own production, — it being necessary, of course, to make at one time sufficient yeast for several weeks' use. In the country it is impossible to get compressed yeast, and either home-made yeast or dry yeast cakes are used. Indeed, many people prefer the old-fashioned hop or potato yeast to all others. When properly made, it certainly is as good as any kind.

One two-cent cake of compressed yeast dissolved in two-thirds of a cupful of water is equal to a cupful of home-made yeast.

*Hop Yeast.

The materials are: one pint of hot mashed potatoes, half a pint each of salt, sugar, and flour, half a pint of hops, measured lightly, four quarts and a half of boiling water, half a pint of yeast, or one cake of compressed yeast.

Put the hops in a stew-pan with one pint of boiling water, and boil for twenty minutes. Mix the potatoes, flour, sugar, and salt, and strain the hop water on them. Beat this mixture well, and add the four quarts of boiling water. Let this stand until blood-warm; then add the yeast, stirring well. Cover the bowl, and let it stand for twenty-four hours. Skim and stir the yeast several times. Put the yeast into one or two jugs, and cork tightly. Keep in a cool place.

This yeast will keep for two months. In making bread with it use very little salt.

* Hop-and-Potato Yeast.

With the following-named materials three quarts of yeast may be made. In a small family one-third of this quantity will be enough to make at one time, as it is best not to use the yeast when it is very old.

Use six large potatoes, three quarts of boiling water, one cupful of hops, measured lightly, two table-spoonfuls of salt, two of sugar, and one cupful of yeast. Pare the potatoes, and put them into a stew-pan with the hops, tied loosely in a bag of thin muslin, and the boiling water. Cook for half an hour; then remove the potatoes with a skimmer, and mash them in a large bowl till they are fine and light. Pour upon them the water in which they were boiled, and add the sugar and salt. Rub this mixture through a sieve, and let it stand until it is about blood-warm (98°); then stir in the yeast, and cover the dish closely. Set in a warm place to rise; in a temperature of 75° it will rise in about six hours. When it has risen sufficiently, the surface will be covered with bubbles. It is, unlike many kinds of yeast, too thin a mixture to foam. Put into air-tight glass jars, and set in a cool place. It will keep for three weeks.

The potatoes and hops used in making this yeast should be boiled in a porcelain-lined kettle or one of graniteware, because a tin or iron kettle would make the yeast turn dark.

* Water Bread.

This should be made in the morning, and these materials are enough for four small loaves: one quart of water, three quarts and three-fourths of flour, one table-spoonful of salt, one table-spoonful of sugar, and half a cupful of yeast.

Mix the yeast with one pint of water, at blood heat and stir into this mixture a pint and a half of flour. Beat thoroughly; and after covering, set in a warm place where it will rise. At the end of two hours it should be a sponge. When it is well risen, add the remainder of the water as well as the salt and sugar. Beat well, and then beat in the remainder of the flour, — reserving, however, a cupful for the purpose of kneading.

Sprinkle a moulding-board with a part of this cupful, and, turning out the dough upon the board, knead it from twenty minutes to half an hour. Return it to the bowl, and let it rise until a light sponge is formed, — say for about two hours; then shape it into loaves, put it into pans, and let it rise until the loaves are double their original size. About an hour will be required for this rising. Set the pans into a moderate oven, and bake for an hour.

If one prefer, all the ingredients may be put together at once. In that case the dough should be kneaded for half an hour, and then allowed to rise over night. In the morning shape into loaves, and let it rise again; finally baking as already directed.

It makes the bread a little richer to work two table-spoonfuls of butter into the dough; or a pint of milk and a pint of water may be used instead of a full quart of water. If compressed yeast be used, half of a two-cent cake, dissolved in one-third of a cupful of water, will be equal to half a cupful of liquid yeast.

* Potato Bread.

For four large or six medium-sized loaves use one quart of boiling water, three large potatoes, one-third of a cupful of yeast or one-third of a cake of compressed yeast, one table-spoonful of salt, and about three quarts and a pint of flour.

Cover the potatoes with boiling water. Cook them for half an hour; then drain and mash them. Pour the boiling water on them. Let this stand until it is blood-warm; then add the yeast and three quarts of the flour, beating it in with a spoon. Cover the bowl with a cloth, and then with a board or tin cover, and let it rise over night, — nine or ten hours.

In the morning beat in the salt and half of the remaining flour. Use the remainder of the flour for kneading the bread on the board. Knead for twenty minutes or half an hour. Put the dough back into the bowl, and cover it; let it rise to double its size; shape into loaves, and let them rise to double their original size. Bake for one hour in a moderately hot oven.

The addition of a table-spoonful of sugar and two or three of lard or butter improves the bread for some tastes. If these be used, add them with the salt, when the bread is kneaded.

* Entire-Wheat Bread.

Many people confound entire-wheat flour with graham, but it is very different. Graham is a coarse-ground wheat meal; entire-wheat flour is the whole wheat — with the coarse husk discarded, of course — ground to a fine flour. It gives a brown loaf or roll, but a delicious one, — smooth and fine.

For two loaves of bread and a pan of rolls use two generous quarts of the unsifted flour, a pint and a half of warm water, one table-spoonful of sugar, one table-spoonful of butter, half a table-spoonful of salt, half a cake of compressed yeast or half a cupful of home-made yeast.

After sifting the flour into a bread-bowl, put aside a cupful for use in kneading the bread later, and put the sugar and salt with the remainder. If the yeast be compressed, dissolve it in a small quantity of the water. Pour the remaining water and the yeast into the bowl, and finally add the butter, somewhat softened by standing in a warm place for a while. Beat the dough vigorously with a strong spoon, and when it gets smooth and light, sprinkle a moulding-board with a part of the flour that was reserved, and turn the dough out upon the board. Knead until smooth and elastic, — say from twenty minutes to half an hour; then return to the bowl, and after covering first with a clean towel, and then with a tin or wooden cover, let it rise for about eight hours in a temperature of about 70°. If the temperature be lower than 70°, more time will be required for the rising; and of course, if it be higher, less time will be needed.

If the dough be mixed in the morning, and kept for four or five hours in a temperature of 80° or 90°, it will be in condition for baking in the afternoon. When it has risen, butter lightly two bread-pans and one roll-pan. Make enough rolls to fill the pan, shaping them with the hands; then put the remainder of the dough on a board, and divide it into two loaves. Let the rolls and loaves rise till they are double their original size; then bake in a moderate oven, — the rolls for half an hour, and the bread for an hour.

* Rye Bread.

Make rye bread in the same manner as entire-wheat bread, substituting rye flour for the wheat flour.

* Graham Bread.

For two loaves use one quart of flour, one quart of graham, half a cupful of molasses, half of a two-cent yeast cake or half a cupful of liquid yeast, a level table-spoonful of salt, and about seven-eighths of a quart of warm water.

Sift the flour and graham into a bowl. Turn the bran into the bowl also. Then add the salt, water, yeast, and molasses. Beat well with the hand for twenty minutes or half an hour; cover the bowl, and let the dough rise over night. In the morning shape it into two loaves, and let it rise in the pans to nearly double its size. Bake in a moderate oven for one hour and a half.

Or, half the dough may be put into a bread-pan, and the other half be made into rolls. The rolls should be put into a French roll-pan. When they have risen to fully double their size, bake in a moderately quick oven for three-quarters of an hour.

This bread is mixed so soft that the dough cannot be moulded into shape. It takes the form of the pans in which it is baked.

The success of graham bread depends largely upon thorough beating and baking.

* Buttermilk Bread.

When buttermilk can be obtained conveniently, a delicious kind of bread may be made. For three good-sized loaves use one quart of sour buttermilk, one generous table-spoonful of sugar, one level table-spoonful of salt, three table-spoonfuls of butter, one teaspoonful of soda, and two quarts and three-quarters of flour.

Heat the buttermilk to the boiling-point, stirring it frequently to prevent curdling. Put the sugar in a large bowl, and pour the hot milk on it. Now gradually sift into this mixture one quart of flour, stirring all the while. Beat well; then cover, and let it stand in a warm room over night, — say from 9.30 P. M. to 6.30 A. M.

In the morning dissolve the soda in three table-spoonfuls of water, and add it to the batter, together with the salt and the butter, melted. Beat thoroughly; then gradually beat in the remainder of the flour, reserving, however, half a cupful for kneading.

Sprinkle the board with flour, and, turning the dough upon it, knead for fifteen or twenty minutes. Divide into three parts, and shape into loaves. Place in buttered pans, and put into the oven immediately. Bake for one hour.

* Pulled Bread.

In England this kind of bread is served with the cheese course of a dinner. It is also delicious with coffee or chocolate at luncheon. To make it, divide one of the loaves of water bread into eight equal parts. Roll these pieces into strands the length of the bread-pan, and, placing the strands close together, pinch them into one piece of dough at one end. Now braid the strands, as if they were pieces of ribbon or tape. Press the braided mass until it is about the size of the pan, and then put it into the pan. Let it rise, and then bake it the same as the other loaves. Let it stand ten or fifteen minutes after it comes from the oven; then tear it apart in long thin pieces. Spread these in a large dripping-pan or upon a tin sheet, and bake in a very hot oven until brown and crisp. It will take about a quarter of an hour. Serve hot.

When this bread is desired for luncheon or dinner, the work should be so timed that the bread will be ready for putting into the oven about an hour and three-quarters before the time for serving. The bread may, of course, be prepared at any time, and heated again when desired for the table; but it will not be so good as when crisp for the first time.

The dough for White Mountain rolls or that for potato bread makes delicious pulled bread.

* Federal Loaf.

This is a kind of bread of which many people are fond for luncheon or supper. The materials used are: a quart of flour, one table-spoonful of sugar, one of butter, half a teaspoonful of salt, the whites of two eggs, half a cupful of yeast, and a scant cupful and a half of boiled milk; or water may be substituted for milk, though in that case the quantity of butter must be doubled.

Beat the whites of the eggs until light. Add the milk, sugar, and yeast, and pour the liquid upon the sifted flour. Mix well with a spoon; then turn out upon the moulding-board, and knead for twenty minutes. Return to the mixing-bowl, and after covering, let it rise in a warm place for four hours. It should be a perfect sponge in that time.

When the dough has risen, butter a bread-pan, — the kind used for loaves. Make the dough into rolls as long as the pan is wide, and as these rolls are placed in the pan, press them close together. Let them rise in a warm place for an hour. Bake for one hour in a moderately hot oven. On taking from the oven, wrap in a towel for ten minutes; and on removing from the towel, tear the rolls apart from the top nearly to the bottom. Spread soft butter between the parts, and press them together again. Wrap in the towel until serving-time, which should come soon, as the loaf is to be served warm. It should be placed on the table whole, and each person should break off a roll as the plate is passed.

The dough for a federal loaf may be used for common rolls. It gives a delicate roll, whatever the shape.

* Parker House Rolls.

For a small pan of rolls — enough for four persons — use a quart of flour, less a gill; a generous half-pint of milk, half a table-spoonful of sugar, a table-spoonful of butter or lard, a level teaspoonful of salt, a quarter of a cupful of yeast or a quarter of a yeast cake.

Boil the milk, and let it cool. Sift the flour into a bowl, and rub the butter, sugar, and salt into it. Draw the flour to the sides of the bowl; pour the cold milk into the well made by drawing the flour away from the centre; add the yeast; cover the pan, and let it stand on the kitchen table all night.

In the morning mix the rolls with a spoon, and then knead the dough for twenty minutes or half an hour; return it to the bowl, cover it, and let it rise in a warm place. When the dough has risen to three times its original size, — this will take about three hours, — turn it on to the bread-board, and roll it down to the thickness of half an inch. Lift the dough frequently to let it shrink. When it is rolled to the proper thickness, lift it and let it shrink all it will.

Cut the dough with an oval cutter. Place a round stick — the handle of a spoon or fork will do — on the roll, about one-third of the distance from one end; press with the stick until the dough is about half as thick here as in the other parts. Fold the short end of the dough over, and the roll is shaped.

Half a teaspoonful of butter may be spread between the folds if it be liked. Place the rolls in a buttered shallow pan, cover with a cloth, and let them rise an hour and a half in a warm place. They should rise to a little more than double the original size. Bake in a hot oven for twenty minutes.

This dough may be shaped like a French roll in this way: Sprinkle the bread-board with flour; roll the dough into small balls, and drop them on the board. Flour a very small rolling-pin or a long round stick, and press it in the centre of the ball of dough. Spread a towel in a pan; sprinkle flour over it; lay the rolls on this, the split side down. The rolls must not touch each other. Cover with a towel, and let the rolls rise in a rather cool place until double the original size. Lift them gently from the towel, and place them in a buttered pan the split side up. Bake for twelve minutes in a hot oven.

A word of caution: In making Parker House rolls remember that the flour is not mixed with the milk and yeast until the ingredients have stood several hours. Great care must be used in measuring the ingredients, as nothing should be added afterward. The dough will be very stiff.

If these rolls are wanted for supper, they may be begun at eight o'clock, kneaded at twelve or one, allowed to rise until half-past three o'clock, and then made into rolls, which may rise in a cool place until twenty minutes of six. Or, if they are wanted for a one-o'clock luncheon, they may be put together at seven o'clock; doubling the quantity of yeast, kneading them at nine o'clock, and shaping them into rolls at eleven o'clock.

Washington Rolls.

These call for three pints of flour, a scant pint of milk, half a cupful of yeast or half of a two-cent cake of compressed yeast, four table-spoonfuls of butter or lard, one table-spoonful of sugar, one egg, and one tea-spoonful of salt.

Sift the flour into a pan, and add the salt and sugar to it. If compressed yeast be used, dissolve it in one-third of a cupful of warm water. Dissolve the butter or lard in the milk. Beat the egg till very light, and add it and the yeast to the milk. At this time the milk should be blood-warm, and after a little stirring the mixture should be poured upon the flour. Beat well with a spoon; then turn the mixture upon a floured board, and knead for twenty minutes. Return it to the pan, and, covering closely, set it in a warm place. In four hours it should be a perfect sponge. Work it down, and let it rise again. When it has risen the second time, form into rolls of any shape, and let these rise till they are a little more than double the original size. Bake in a rather quick oven for half an hour.

The rolls may be made about four inches long and an inch and a half in diameter, placed close together in a shallow pan, and when they have risen, baked for half an hour; or they may be shaped like balls, placed a little distance apart in the pan, and when they have risen, baked for twenty minutes. Another mode is to put the dough into French roll-pans, and when it has risen, bake for twenty-five minutes. This method secures a quantity of rich, crisp crust, and gives the rolls a peculiar sweetness.

If six o'clock be the hour for tea, it will be well to begin raising the dough at eleven in the forenoon. In hot weather noon will be early enough. It takes about an hour and a half for the rolls to rise to a little more than double the original size in a temperature of about 80°. When an especially tender and rich crust is desired, brush the rolls over with soft butter or lard when they are about half baked.

* Potato Rolls.

These will require a quart of flour, half a pint of milk, one good-sized potato, one large table-spoonful of butter, some boiling water, one-fourth of a cake of compressed yeast or one-fourth of a cupful of liquid yeast, one level teaspoonful of salt, and one table-spoonful of sugar.

Put the potato into a small saucepan, cover it with boiling water, and cook for half an hour; then remove it from the saucepan, and mash it till fine and light. Add to it half a cupful of the water in which it was boiled. Rub the mixture through a strainer into a bowl, and add the milk, sugar, salt, butter, and yeast. Sift the flour, and beat half of it into the liquid mixture. Cover the dish closely, and set it in a warm place. When the mixture has risen so much as to be perfectly spongy, beat in the remainder of the flour. Knead the dough well, and put it away to rise again. When it is three times its original size, shape it into rolls, and let these rise in a moderate temperature for about an hour and a half. Bake in a moderate oven for thirty minutes.

The first rising will occupy about five hours; the second, two hours; and the third, one hour and a half. The actual work of making the rolls will take about three-quarters of an hour. If six o'clock be the time for supper, the preparation of the rolls should be begun at 8.30 or 8.45 o'clock in the morning. In case one be in a hurry, the quantity of yeast may be doubled, and then the rolls can be made in five hours.

* White Mountain Rolls.

Sift two quarts of flour into a mixing-bowl, and add to it a teaspoonful of salt and three table-spoonfuls of sugar. Boil a pint and a half of milk, and while it is cooling to blood-heat, melt half a cupful of butter in it. When the temperature has fallen to the desired degree, beat the whites of two eggs to a stiff froth, and add them to the milk. Add also half a cupful of liquid yeast, or half a two-cent cake of compressed yeast dissolved in one-third of a cupful of cold water. Stir this mixture into the flour, and beat well with a spoon; then knead well for twenty minutes. Let the dough rise over night.

In the morning take pieces about the size of an egg, and shape them into long rolls. Place them side by side in a shallow cake-pan, and let them rise to a little more than double their original size. Bake for half an hour in a moderate oven. Owing to the presence of milk and butter in the mixture, the rolls will be very brown in fifteen minutes; and after that time has passed, lower the heat of the oven a little, and cover the rolls with brown paper for the remaining quarter of an hour. White Mountain rolls are nice for luncheon or tea.

Half of the dough may be taken for Swedish bread, if you choose. Roll it very thin, and sprinkle lightly with water, and then with sugar and cinnamon, — three table-spoonfuls of sugar and one of cinnamon. Roll the same as jelly cake, and cut into slices about an inch thick. Put these slices into a well-buttered pan, and let them rise to double their size. Bake for twenty minutes. The dough may be spread with butter instead of being sprinkled with water.

Or the cinnamon may be omitted, and the dough sprinkled with sugar and a cupful of dried currants. These cakes are good to eat with coffee, either at luncheon or after dinner.

Luncheon Rolls.

Use for these rolls two quarts of flour, one cupful of sugar, one cupful of currants, two eggs, half a cupful of butter, half a table-spoonful of salt, one pint and a quarter of milk, and half a cupful of liquid yeast or half of a two-cent cake of compressed yeast.

Boil the milk, and let it cool to about 100°. At about nine o'clock in the evening sift the flour into a bowl, and add to it one table-spoonful of sugar, the salt, and three table-spoonfuls of butter. Mix all these ingredients thoroughly. Beat one of the eggs, and add to it the milk and yeast. Stir this liquid into the flour, and knead the mixture for twenty minutes. Cover the bowl with a clean towel, and put a tin or wooden cover over the towel. Let the dough stand on the kitchen table during the night.

In the morning it will be found spongy. Cut it well with a knife, and knead for a few minutes; then put in a cool place till ten o'clock. At that time sprinkle the moulding-board with flour, and after turning the dough out upon it, roll down to the thickness of half an inch. Cut into cakes between three and four inches long and about half as wide. A pound baking-powder can is easily pressed into the form desired, and serves very well for a cutter. Spread the cakes with the remainder of the half-cupful of butter, half of the remaining sugar, and all the currants. Now fold up one end of the cake, so that it comes almost to the centre, then fold the other end upon the first, and press the dough slightly in the centre. Place the rolls in buttered pans, cover them with a towel, and let them rise for two hours in a rather cool place. At the end of that time place them in a moderate oven, and bake for twenty-five minutes.

Meanwhile beat the second egg well, and add a table-spoonful of water to it. When the rolls have baked for the specified time, take them from the oven, brush them with the beaten egg, and sprinkle the rest of the sugar over them. Return to the oven and cook for five minutes longer.

These rolls are nice either hot or cold. If they be liked better when cold, they may be rolled out and baked in the morning instead of being kneaded and chilled, and baked later.

* Split Biscuit.

These are made for tea when bread has been baked in the morning. Take one pint of the risen dough, and add to it one scant pint of milk, two table-spoonfuls of butter, four of sugar, one teaspoonful of salt, and two well-beaten eggs. Mix all the ingredients in a bowl, cutting the dough with a knife. After the mixing, add a generous quart of sifted flour. Knead the dough well, and let it stand in a warm place for six hours, when it should be a perfect sponge. Work it down well at the end of that time. Sprinkle the moulding-board with flour, and turning the dough upon the board, roll it down to the thickness of about one-fourth of an inch. Dip a biscuit-cutter in flour, and cut up the dough with it. Place half of the cakes in buttered pans. Spread a little soft butter on each cake. Take fresh cakes from the board, and put them on top of those already in pans. Cover with clean towels, and set away in a rather cool place, — say where the temperature is about 65°. Let the biscuit rise till they are about double their original size. It will take about two hours. Bake in a rather hot oven for half an hour. Two good-sized pans of biscuit may be made with the ingredients mentioned.

Velvet Biscuit.

Use one quart of flour, three eggs, three teaspoonfuls of sugar, one of salt, one heaping table-spoonful of butter, half of a cake of compressed yeast or half a cupful of liquid yeast, and one small cupful of warm milk.

If these biscuit are for a six or seven o'clock tea, set the sponge to rise at twelve o'clock. Dissolve the yeast in one-third of a cupful of water. Pour it into a bowl with the milk, beat in one pint of flour, cover the bowl, and set in a warm place. When the batter is risen to a sponge, which should be in about two hours, add the butter, sugar, salt, the eggs, — the yolks and whites beaten separately, — and the flour. Knead this mixture well, and let the dough rise in a warm place. When light, roll it on the board to the thickness of half an inch. Cut into cakes with a small round cutter. Place half the cakes a little distance apart in a buttered pan. Butter each of these cakes lightly, and place the remaining cakes on those in the pan. Cover with a cloth, and let them rise to double their original size, — it will take about an hour and a half. Bake in a moderately quick oven for twenty-five minutes. These biscuit are nice for luncheon. If desired at that time, set the sponge at seven o'clock in the morning.

* Hot Cross Buns.

Use four cupfuls of flour, one generous cupful of warm milk, half a cupful of sugar, one-fourth of a cupful of butter or lard, half a teaspoonful of salt, half a grated nutmeg, half a yeast cake or half a cupful of liquid yeast, and two eggs.

Dissolve the butter in the milk. Beat the eggs separately. Add all the ingredients to the flour, and knead well. The dough should be very soft. Let it rise over night; in the morning break it into pieces about the size of a large egg; work these into rather flat cakes, and place them in buttered pans. Have the cakes about half an inch apart. Cover the pan, and set in a warm place when the buns have risen to double their original size, which will be in about two hours.

With a sharp knife cut a cross in the centre of each bun, being careful not to cut deep. Bake in a moderate oven for twenty-five minutes. These buns are to be served hot on Good Friday. They are good at any time, but, according to custom, the cross should be made on them only on that particular day.

* Bath Buns.

Make the buns the same as hot cross buns, only a little larger. Into each bun work three or four blocks of sugar. Dip each piece of sugar into orange or lemon juice just before putting it into the bun. Let the buns rise to double their height, and then bake in a moderate oven for half an hour.

Dissolve three table-spoonfuls of sugar in three of milk, and when the buns are baked, wash them over with this and return them to the oven for two minutes.

* Currant Buns.

Make the bun mixture the same as for hot cross buns. In the morning work in one cupful of English currants. Form the dough into very small balls, and place these close together in a buttered pan. Let them rise to double their original size. Bake in a moderate oven for thirty-five minutes. Wash with sugar and milk the same as Bath buns.

* Cream-of-tartar Biscuit.

Biscuit are made by a variety of methods, some being raised with yeast, others produced quickly with the aid of soda and cream-of-tartar, or with baking-powder, soda, and sour milk, whereas others are made by the use of preparations of phosphates, like Horsford's.

When yeast is used, the process is a slow one. Care must be taken to have the temperature right, and to raise the dough until it is light, yet not so much as to destroy its sweetness. With soda and cream-of-tartar, or any acid and alkali, the work must be very rapid to insure success. By any of the methods the aim is to obtain carbonic acid gas to lighten the dough. With yeast we get it by fermentation, which goes on slowly; but with an acid and alkali (as with soda and cream-of-tartar) we get it by the union of the two substances. This union does not take place until moisture is added; therefore we may mix the acid and alkali and keep them together for years and still find them good, if they have been kept dry and from the air. Baking-powders are proof of this. They are, or should be, only a mixture of pure soda, cream-of-tartar, and a little starch, which is needed when grinding the two other substances together.

By remembering a few things when using an acid and alkali in cooking, it is possible to be morally sure of success. First, the gas is given off as soon as the mixture is moistened. Second, the greater the heat, the greater the expansion of gas, air, and steam. To demonstrate this, put a teaspoonful of baking-powder into each of two tumblers; and by pouring ice-water into one, you will find that the gas expands and is given off slowly, whereas by pouring boiling water into the second tumbler, you fill it with expanded gas in an instant. As our object in using the alkali and acid is to obtain this gas, and thus make the dough or batter light, we should so use them that but little of the gas will be lost. Now, to make perfect biscuit or dumplings we must mix the acid and alkali dry in the flour. This is always done if baking-powder be used, and should be if soda and cream-of-tartar be employed. The soda should be ground fine on a plate with a knife or spoon, and then measured, and put into the flour with the cream-of-tartar. After a thorough mixing, the ingredients should be rubbed through a sieve. The mixing and handling of the dough should be rapid and light; the biscuit should be cut rather small, and baked in a hot oven; and as soon as finished they should be removed from the oven, as they will become tough and dark if allowed to remain even a short time.

To Make Biscuit. — Mix with a quart of flour (measured before sifting) a teaspoonful of soda, two of cream-of-tartar, one of salt, and two of sugar, and after rubbing all through a sieve, rub into the mixture a table-spoonful of butter. Wet with a scant pint of cold milk; and after stirring the dough into the form of a smooth ball, roll it down to the thickness of an inch upon a board lightly sprinkled with flour. Cut out the biscuit, and, placing them loosely in lightly buttered pans, bake from twelve to eighteen minutes, — the time depending upon the size of the biscuit and the heat of the oven. If you prefer, you may use three heaping teaspoonfuls of baking-powder instead of the soda and cream-of-tartar. The dough should be as soft as you can make it and yet handle it; for if it be rather stiff, the biscuit will be hard and dry.

Cream Biscuit.

Use for a small pan of biscuit two cupfuls of flour, half a cupful of sour cream, half a cupful of sour milk or buttermilk, one teaspoonful of baking-powder, one of sugar, half a teaspoonful of salt, and half a teaspoonful of soda.

Mix the sugar, salt, and baking-powder with the flour, and rub through a sieve. Dissolve the soda in two table-spoonfuls of cold water, and add it to the sour milk and cream. Stir quickly and well, and then mix with the dry ingredients. Mix as quickly as possible with a spoon, and turn on a well-floured board. Pat with the hand until a cake about half an inch thick is formed. Cut this into small cakes with a tin cutter, dipping the cutter into flour each time. Bake in a hot oven for about eight or ten minutes.

With the materials given a very soft dough will be made, which must be handled quickly and carefully. If heaping cupfuls of flour were used, the dough would be firmer and more easily handled, but the biscuit would not be so delicate.

* Dropped Biscuit.

For six people use one quart of flour, one pint of milk, one teaspoonful of sugar, one of salt, three of baking-powder, and two table-spoonfuls of butter. Mix all the dry ingredients together, and rub them through a sieve. Put the butter and a gill of the milk in a basin, and heat enough to melt the butter; then add the remainder of the milk, and turn all the liquid on the dry ingredients. Beat quickly with a spoon. Drop table-spoonfuls of the dough in buttered pans, and bake in a very hot oven. They should cook in eight or ten minutes. Serve hot.

If cream be plentiful, omit the butter and use a gill of cream instead. In that case use only three gills of milk instead of a pint.

* Quick Swedish Bread.

The best Swedish bread is made with raised dough, but this quick bread is nice for luncheon.

Mix in a sieve, and then run through it, a quart of unsifted flour, three heaping teaspoonfuls of baking-powder, three table-spoonfuls of sugar, and half a teaspoonful of salt; then rub two table-spoonfuls of butter into the mixture, doing it thoroughly, and wet with a scant pint of cold milk. Stir quickly into the shape of a ball. Sprinkle the bread-board with flour, and roll this ball upon it down to the thickness of one-third of an inch. Sprinkle upon the dough three table-spoonfuls of sugar and a light grating of nutmeg, and finally spread a cupful of dried currants over all. Roll up the dough and cut into slices about an inch thick. Place in a baking-pan that has been well buttered, and bake for twenty minutes in a very hot oven.

The currants may be omitted, if you prefer.

* English Brown Bread.

Allow for three loaves of this bread a quart of graham, a quart of rye flour, a pint of warm water, two table-spoonfuls of molasses, one of salt, one of butter, and half a cake of compressed yeast dissolved in one-third of a cupful of water. Make this bread in the same way entire-wheat bread is made, only bake it for an hour and a quarter instead of for an hour. This is a coarse bread, and very healthful.

* Brown Bread.

This is the kind of bread which, outside of New England, is always called "Boston" brown bread. For making it you will need a pint and a half of Indian meal, the same quantity of rye meal, half a cupful of molasses, two pints and a half of sweet milk, a teaspoonful of salt, and a teaspoonful of soda.

Mix the two kinds of meal together. Dissolve the soda in half a cupful of milk, and stir into the rest of the milk; then add the salt and molasses. Give these ingredients a thorough mixing, and pour them upon the mixed meal. Beat vigorously the batter thus formed, and turn it into two well-buttered brown-bread tins. Steam for five hours. On Sunday morning heat for breakfast by steaming for a little while.

Delicious toast may be made from this bread.

* Malden Brown Bread.

For one large loaf or two small ones use two cupfuls of Indian meal, one of graham, one of flour, one of molasses, three of warm water, one table-spoonful of soda, and one teaspoonful of salt.

Mix the meals, flour, and salt together. Dissolve the soda in the water, and add the molasses. Pour this mixture on the dry ingredients. Beat well, and after pouring into a buttered brown-bread tin, steam for four hours.

To some people half a cupful of molasses will be more satisfactory than a cupful. In case the smaller quantity be used, let the measure of soda be very scant.

* Steamed Indian Bread.

Mix three cupfuls of Indian meal, one of flour, and a teaspoonful of salt. Mix also two cupfuls of sweet milk and one of sour with two-thirds of a cupful of molasses. Dissolve a teaspoonful of soda in one table-spoonful of cold water, and stir into the milk and molasses. Now pour this mixture upon the dry one, and after beating thoroughly, pour into a buttered two-quart basin. Steam for three hours.

This is especially nice to serve hot with roast pork. It is very good the second day if cut in slices and steamed or toasted.

* Indian Bread.

With the following-named materials there can be made two large loaves of Indian bread, which will be found delicious when fresh from the oven, or toasted and buttered, or in the form of brewis: one quart of Indian meal, one of flour, one of sour milk, one of buttermilk, two-thirds of a cupful of molasses, one-third of a cupful of cold water, two table-spoonfuls of butter, one table-spoonful of salt, and two even teaspoonfuls of soda.

Mix the flour, meal, and salt, and mix the molasses, sour milk, and buttermilk. Dissolve the soda in the cold water, and stir the liquid into the mixture of molasses and milk. Pour the mixture upon the flour and meal, and stir well. Add a table-spoonful of melted butter, and beat thoroughly. Grease with the remaining butter two tin pans, each of which easily holds two quarts. Pour the mixture into these pans, and steam it for four hours and a half; then transfer the pans from the steamer to the oven, and bake for half an hour.

* Indian-Bread Brewis.

Put a pint of cream and a pint of milk into a double-boiler, and heat to the boiling-point without actually allowing the liquid to boil; then add a table-spoonful of butter and a teaspoonful of salt. Keep the boiler in a warm place while toasting half a dozen slices of bread. Dip the slices singly into the milk and cream, and afterward lay them in a hot deep dish. Pour over them any milk and cream which may remain in the boiler, and serve the brewis hot.

If cream be plentiful it will be well to use a quart instead of a pint of milk, and a pint of cream. Or a quart of milk may be used, and no cream, though in this case the slices of toast should be buttered lightly before being dipped.

* Ground Rice Bread.

To make a sheet of this bread one must take a cupful of ground rice, a cupful of wheat flour, half a teaspoonful of soda, a teaspoonful of cream-of-tartar, half a teaspoonful of salt, a table-spoonful of sugar, two table-spoonfuls of melted butter, an egg, and two gills and a half of milk.

Mix all the dry ingredients, and rub them through a sieve. Beat the egg until light, and add the milk to it. Pour this mixture upon the first one, and after adding the butter, melted, pour the batter into a buttered shallow pan, and bake for twenty-five minutes or half an hour in a quick oven.

This bread is designed for either luncheon or supper, and should be served hot.

* Baltimore Corn Bread.

A scant quart of white corn meal, a generous quart of milk, half a cupful of butter, two teaspoonfuls of baking-powder, one teaspoonful of salt, and three eggs are the ingredients of which Baltimore corn bread is formed. Instead of half a cupful of butter, a quarter of a cupful and an equal quantity of lard may be used, if one prefer.

Mix together the meal, baking-powder, and salt, and rub through a sieve. Next melt the butter. Beat the eggs till light, and add the milk to them; then pour the mixture upon the dry ingredients. Beat well, and add the melted butter; then give the batter another good beating, and pour into well-buttered shallow pans. Bake for half an hour in a rather quick oven.

* Florida Corn Bread.

These are the materials needed: one cupful of cold boiled hominy, one scant cupful of white corn meal, one generous cupful of milk, an egg, one table-spoonful of butter, half a teaspoonful of salt, and one teaspoonful of baking-powder.

Beat the hominy with a fork until it is thoroughly broken; then gradually beat in the milk. Mix the salt and baking-powder with the meal, and add all to the hominy and milk; then add the egg, well beaten, and the butter, melted. Pour the mixture into two buttered deep tin plates, and bake in a quick oven for twenty minutes.

* White Corn Bread.

For one pan of bread — enough for four people — use half a pint of white corn meal, half a pint of sifted flour, a heaping teaspoonful of baking-powder, one table-spoonful of sugar, a scant half-teaspoonful of salt, two table-spoonfuls of butter, a generous half-pint of milk, and two eggs.

Mix the dry ingredients, and rub them through a sieve. Beat the eggs till very light, and add the milk to them; then pour this mixture upon the dry one. Add the butter, melted, and stir well. Pour the batter into a buttered shallow pan, and bake in a rather quick oven for half an hour.

This bread is nice if baked in tin plates. The batter will fill three plates or a dozen muffin-tins.

Corn Bread.

Here is a receipt for making delicious corn bread, — a rather expensive rule, perhaps, but a good one to follow once in a while: Mix thoroughly in a sieve, and then rub through it, a pint of white meal, a pint of flour, two heaping table-spoonfuls of powdered sugar, one teaspoonful of salt, and two of baking-powder. Beat five eggs till very light, and add to them a scant pint and a half of milk. Stir this liquid mixture into the dry one, and add a quarter of a cupful of melted butter. Pour the batter into buttered muffin-pans or a shallow cake-pan, having it about an inch deep. Bake in a moderate oven for half an hour.

* Johnny-cake.

To make two pans of this old-fashioned corn cake, take two cupfuls of sour milk, half a cupful of sour cream, one cupful of sifted flour, two of Indian meal, a generous teaspoonful of soda, half a teaspoonful of salt, an egg, two table-spoonfuls of molasses or — if molasses be not liked — two of sugar.

Put the milk, cream, molasses, and salt into a large bowl. Beat the egg until light. Dissolve the soda in one table-spoonful of cold water, and stir it into the mixture in the bowl; then add the flour and meal, and after mixing these ingredients well, add the eggs. Pour the batter into two buttered pans, and bake in a quick oven for thirty minutes.

If it be inconvenient to use sour cream, use sour milk instead, and add three table-spoonfuls of melted butter at the last moment.

* Hominy Bread.

Put a pint of corn meal into a bowl, and pour upon it a scant pint of boiling water. Beat well, and then add a pint of cold milk, a large cupful of cooked hominy, a table-spoonful and a half of butter or lard, a teaspoonful of salt, and two eggs, yolks and whites beaten separately. Bake in a deep round pan for thirty-five minutes, and serve from the same pan. It should be so soft as to require a spoon for serving.

Cold boiled rice may be used instead of hominy, for a change.

* Thin Corn Cake.

Put a heaping pint of Indian meal into a bowl, together with a teaspoonful of salt, a table-spoonful of sugar, and a table-spoonful of butter. Pour upon this mixture nearly a pint and a half of boiling water, and after a good beating, add a well-beaten egg. Spread about half an inch thick on buttered tin sheets, and bake in a quick oven until brown, — say for thirty-five minutes. This is not a handsome corn cake, yet it is delicious.

* Spider Corn Cake.

For this cake there is required a frying-pan with a handle short enough to go into the oven.

Mix together a cupful and two-thirds of corn meal, one-third of a cupful of flour, one-quarter of a cupful of sugar, and a teaspoonful of salt. Beat two eggs till light, and add to them a cupful of sour milk and one of sweet milk in which a small teaspoonful of soda has been dissolved. Pour this mixture upon the dry ingredients, and mix thoroughly.

Have the frying-pan very hot, and after greasing it with two table-spoonfuls of butter, pour the batter into it. Now pour into the mixture another cupful of sweet milk, but do not stir the cake. Place the frying-pan in a hot oven, and bake for half an hour. When the cake is cooked, slip it gently from a pan on to a platter or large plate.

This is one of the most delicious forms of corn bread.

* Rice Corn Cake.

Put a quart of milk and a pint of boiled rice into a double-boiler. Into a large bowl put a cupful and three-quarters of corn meal, one-third of a cupful of flour, one teaspoonful of salt, and one table-spoonful of sugar. When the milk and rice are found to be boiling, pour gradually over the dry ingredients, and beat the mixture very thoroughly. Beat six eggs till light, — whites and yolks separately, — and stir into the mixture. Have ready some well-buttered pans, and pour the mixture into them. It should be an inch deep. Bake in a hot oven for half an hour.

This is a moist corn cake, but it is sweet and delicious. With the quantities of ingredients mentioned, two large pans may be filled; therefore half the quantities will be sufficient in a small family.

* Corn Dodgers.

Put into a bowl one pint of Indian meal, one tablespoonful of sugar, and one teaspoonful of salt. Pour on this a pint of boiling water. Beat the mixture vigorously for eight or ten minutes, and then form it into small flat cakes about half an inch thick. Fry in fat for ten minutes if there be enough fat to immerse them, but for fifteen minutes if a frying-pan and only a little fat be used.

* Corn Muffins.

For a dozen and a half muffins use three gills of milk, one pint of flour, half a pint of corn meal, three tablespoonfuls of sugar, two of butter, three teaspoonfuls of baking-powder, and half a teaspoonful of salt.

Mix the dry ingredients. Beat the yolks and whites of the eggs separately. Add the milk to the dry mixture, then the eggs, and finally the butter, melted. Fill the muffin-pans two-thirds of the way to the brim, and bake for half an hour in a moderately quick oven.

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* Mix together thoroughly in a sieve, and rub through it, one pint of corn meal (white or yellow), one pint of flour, one-third of a cupful of sugar, three teaspoonfuls of baking-powder, and one teaspoonful of salt. After beating two eggs until they are very light, and adding a pint and a gill of milk to them, pour this mixture upon the dry one, and add two table-spoonfuls of melted butter. Beat both together quickly and thoroughly, and pour the preparation into buttered muffin-pans. Bake in a rather quick oven for thirty minutes.

With the quantities prescribed, two dozen muffins can be made. The pans may be buttered and the dry ingredients mixed and rubbed through a sieve the night or day before, so the morning work need occupy but a few moments.

Trenton Corn Muffins.

This is rather an expensive receipt to follow, but muffins made by it are delicious. The materials are: a pint of milk, a cupful and two-thirds of sifted flour, a cupful of corn meal, either white or yellow, a scant half-cupful of sugar, one-third of a cupful of butter, three eggs, one teaspoonful and a quarter of soda, two teaspoonfuls and a half of cream-of-tartar, and half a teaspoonful of salt.

Sift the flour, meal, salt, and cream-of-tartar twice together. Beat the butter and sugar to a cream, and after beating the eggs well, add them to this cream. Dissolve the soda in the milk, and add to the mixture; then add the remaining ingredients. Beat quickly and vigorously, and after pouring into well-buttered muffin-pans, bake for half an hour in a quick oven.

A dozen large muffins can be made with the quantities of ingredients mentioned.

* Rice Muffins.

Mix together in a sieve, and then rub through it, one pint of flour, one table-spoonful of sugar, two teaspoonfuls of baking-powder, and a level teaspoonful of salt. With the hands rub a generous table-spoonful of butter into the mixture. Beat two eggs till light, and add half a pint of milk to them; then stir this mixture into the one first made, and beat very light. When the batter is smooth, add a cupful of cold cooked rice, and beat thoroughly. Bake in buttered muffin-pans for thirty-five minutes in a rather quick oven.

* Hominy Muffins.

For twelve muffins use one cupful of warm boiled hominy, one cupful of milk, one cupful and a half of flour, one generous teaspoonful of baking-powder, half a teaspoonful of salt, one table-spoonful of butter, one teaspoonful of sugar, and two eggs.

Mix all the dry ingredients, and rub them through a sieve. Beat the butter into the hominy, and gradually beat in the milk. Beat the eggs till very light. Add the hominy and milk to the dry ingredients, and beat well; then add the well-beaten eggs. Pour the batter into buttered muffin-pans, and bake in a rather hot oven for half an hour.

Cold hominy may be used, but in that case great care should be taken to break it up with a fork and then beat in a very little milk at a time. In this case the butter must be melted before it is added to the mixture.

Cream Muffins.

Sift two cupfuls of flour into a large bowl. Beat four eggs very light, and add to them one cupful and a half of milk and one teaspoonful of salt. Pour this mixture upon the flour, and beat very thoroughly; then add a cupful of cream, and beat again. Have gem-pans, of iron, heated and buttered, and fill them two-thirds of the way to the top with the mixture. Bake for forty minutes in a rather quick oven.

* Elmira Muffins.

Mix a pint of flour, two teaspoonfuls and a half of baking-powder, a quarter of a teaspoonful of salt, and a quarter of a cupful of sugar, and rub through a sieve. Dissolve a quarter of a cupful of butter in one large cupful of milk. Beat two eggs very light, — whites and yolks separately. Add the milk and butter to them, and stir into the dry mixture. Mix quickly and vigorously, and pour into hot buttered gem-pans. Bake for twenty minutes in a quick oven.

These are nice for luncheon or tea.

* Entire-Wheat Muffins.

For a dozen muffins there will be required a cupful and a half of entire-wheat flour, a cupful of milk, one-third of a cupful of water, an egg, a teaspoonful of cream-of-tartar, half a teaspoonful of soda, half a teaspoonful of salt, and two table-spoonfuls of sugar.

Mix the dry ingredients, and sift them into a bowl. Beat the egg until it is light, and add the milk and water to it. Pour this mixture upon the dry ingredients, and beat quickly and vigorously. Pour the batter into buttered muffin-pans, and bake for twenty-five minutes in a rather quick oven. The batter will be thin and give a moist muffin, but that is as it should be.

* Granulated-Wheat Muffins.

Mix together in a sieve, and rub through it, three cupfuls of fine-granulated wheat meal, such as is made by the Health Food Company, four table-spoonfuls of sugar, three teaspoonfuls of baking-powder, and one teaspoonful of salt. Turn the bran from the sieve into a bowl. Beat two eggs very light, and add to them two cupfuls of milk and two-thirds of a cupful of water; then pour gradually upon the dry mixture. Beat well, and pour into two dozen muffin-cups. Bake in a rather quick oven for twenty-five minutes.

* Raised Graham Muffins.

Mix in a bowl a pint of wheat flour and a pint of graham, and add half a teaspoonful of salt, one-fourth of a cupful of molasses, a generous pint of blood-warm water, and one-fourth of a cupful of liquid yeast, or one-fourth of a cake of compressed yeast dissolved in three table-spoonfuls of cold water. Beat all these ingredients thoroughly, and let the mixture rise over night. In the morning beat the risen dough thoroughly, and put it into buttered French-roll pans. Let it rise until double its first size, and then bake for half an hour.

* Kentucky Graham Muffins.

Use a pint of graham meal, a pint of flour, a table-spoonful of lard or butter, one teaspoonful of soda, two eggs, one teaspoonful of salt, and a generous pint of sour milk. Mix the flour and meal, and add the salt. After dissolving the soda in two table-spoonfuls of cold milk, stir it into the sour milk, and then pour the latter upon the mixture of flour and meal. Melt the butter and add it, and finally add the eggs, beaten well. Bake in buttered muffin-pans in a quick oven for twenty-five minutes.

* Graham Puffs.

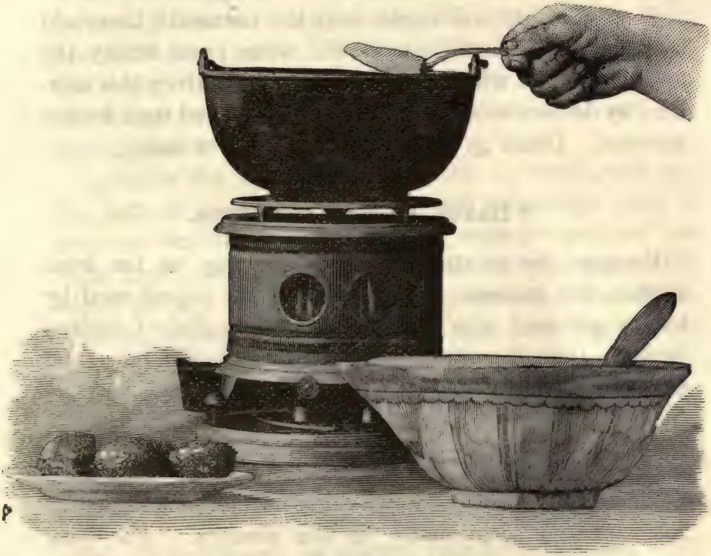
There must be taken for these puffs a pint of milk, three eggs, half a pint of sifted graham, half a pint of sifted flour, one table-spoonful of sugar, one teaspoonful of salt, and one table-spoonful of melted butter.

Beat the yolks and whites of the eggs together until as light as possible. Add the milk, sugar, and salt, and pour half of the mixture upon the sifted graham and flour. Beat until smooth and light; then add the remainder of the first mixture. Add the melted butter, beating the batter vigorously. Butter a dozen little stone cups, and set them in an old pan. Fill the cups with the batter, and bake for an hour in a rather quick oven. At the end of that time they should be four times their original size. They will not be, however, unless baked in stone or earthen ware.

* Fried Graham Muffins.

For five or six persons use one cupful of milk, one cupful and a half of sifted graham, one cupful and a half of flour, half a teaspoonful of salt, three teaspoonfuls (scant measure) of baking-powder, three table-spoonfuls of sugar, and two eggs.

Mix the dry ingredients, and rub through a sieve. Beat the eggs very light, and add the milk to them. Add this liquid to the dry ingredients, and beat vigorously for a minute. Have a deep kettle of fat heated to about 350°, — about as you would have it for doughnuts. Dip a table-spoon into a cupful of milk. With this spoon take up a spoonful of the batter, and drop it into the boiling fat. Dip the spoon into the milk each time, and shape the batter as smooth as possible. In this way put half the batter in the fat, and cook for ten minutes, being



Dropping Muffin Batter into Fat.

careful not to burn the muffins. Take them up, and drain them on brown paper. Cook the remaining half of the batter in the same way.

* Fried Oatmeal Muffins.

For eighteen muffins, use one cupful of cold oatmeal mush, one cupful and a half of graham meal, a scant half-cupful of water or milk, two table-spoonfuls of sugar, one heaping teaspoonful of baking-powder, half a teaspoonful of salt, and two well-beaten eggs.

Beat the salt and sugar into the oatmeal; then add the eggs, well beaten; next, the water; and finally the graham, mixed with the baking-powder. Drop this mixture, by dessert-spoonfuls, into boiling fat, and cook for ten minutes. Drain on brown paper, and serve hot.

* Baked Oatmeal Muffins.

Prepare the mixture in the same way as for fried muffins, but increase the quantity of the liquid used by half a gill, and also add one table-spoonful of melted butter. Pour the mixture into buttered muffin-pans, and bake for half an hour in a rather hot oven.

* Scotch Oat Cakes.

These are the thin hard cakes which one finds in Scotland and occasionally in this country. They are simple, and yet, lacking a good receipt, one might experiment frequently for years (as the writer had done) without succeeding in making them. The meal used should be that which is ground rather fine. Canadian oatmeal is especially good, and it is also good for mush if one does not care to have the grains distinct. In making these oat cakes for the first time it will be well not to use much material. Here is a rule for making two cakes: —

Use one cupful of oatmeal, one of boiling water, one table-spoonful of butter, and one teaspoonful of salt.

Put the meal and salt in a bowl. Put the butter in a cup, and let it stand on the back part of the range where it will melt. Now fill the cup with boiling water, and pour the liquid on the meal and salt. Beat well with a spoon; then work the dough with the hands for ten or fifteen minutes. This will make it firm and rather tough. As the dough is hot it is rather hard to handle, but unless it be worked well with the hands while hot it will not make good cakes.

Now divide the dough into two pieces, and make two thin cakes of it. This may be done in either of two ways. The first and better way is to press out the dough with the hands; the other is to use the rolling-pin.

Sprinkle the moulding-board with dry meal, and put the ball of dough on it. Now pat the dough until it becomes very thin; pressing down with the palm of the right hand, and using the left hand for pressing in the edges, to keep the cake round and smooth. The dough must be lifted frequently. When it is almost as thin as the blade of a knife, lift it carefully, and place on the outside of a broiler. Put something on the back part of the stove to raise the broiler about two or three inches from the iron. A meat-rack is a good thing; or two bricks will do. Cook the cake slowly for about an hour, turning it when it has become slightly browned on one side. It must never be allowed to get very brown.

Oat cakes may be baked on a griddle. It will take about as long to cook them as if a broiler were used. They will keep a long time, and are especially nice with cheese for luncheon.

* Muffins Cooked on the Griddle.

For six persons use one quart of flour, two cupfuls and one-half of warm milk, three table-spoonfuls of melted butter, one-fourth of a cake of compressed yeast, one teaspoonful of salt, one of sugar, and two eggs.

Put the flour, sugar, and salt into a bowl. Dissolve the yeast in half a cupful of the milk; then add it, with the rest of the milk, to the flour, and beat the mixture well. Now beat the eggs till light, and add them and the butter to the batter just made. Beat vigorously for ten minutes. Cover the bowl, and set it in a warm place.

In the morning butter some muffin-rings, and grease the griddle with either pork or butter. Spread the rings on the griddle, which must be nearly as hot as for ordinary griddle-cakes. Put a large spoonful of the risen batter into each ring, and cook until brown on one side; then turn the muffins, and cook them on the other side. It will take from ten to twelve minutes to brown them completely.

With the materials mentioned, two dozen muffins can be made. If wanted for supper, put them to rise at about eight o'clock in the morning; or if wanted for luncheon, make them at the same hour, but use half a cake of yeast instead of one-quarter of a cake.

* Crumpets.

To make two dozen crumpets there will be required five cupfuls of sifted flour, one-quarter of a cake of compressed yeast, two cupfuls and a fourth of warm water, one teaspoonful of salt, one table-spoonful of sugar, and three generous table-spoonfuls of butter.

Put the flour, sugar, and salt into a deep bowl. Dissolve the yeast in a small part of the warm water, and then add the remainder of the water. Pour the liquid upon the flour, and beat until a smooth, light batter is formed. Cover it closely, and let it stand in a warm place over night. In the morning melt the three table-spoonfuls of butter, and beat into the risen batter. Fill buttered muffin-pans with the mixture, and after keeping in a warm place for half an hour, bake for an equal period in a moderate oven. Or, instead of baking in the oven, bake in rings on the griddle, like muffins cooked on the griddle.

* Luncheon Muffins.

For a dozen muffins use one pint of flour, half a pint of cream or milk, an egg, a table-spoonful of butter, one of sugar, two level teaspoonfuls of baking-powder, and half a teaspoonful of salt.

Mix the flour and baking-powder. Beat the egg and sugar together. Melt the butter, and after adding it to the beaten egg and sugar, beat the mixture for a minute. Now add the salt and milk, and finally the flour and baking-powder. Mix quickly, and after putting into buttered muffin-pans, bake in a rather hot oven for twenty-five minutes.

* Wheat Gems.

These are easily and quickly made. The materials are: a quart of milk, a quart of sifted flour, half a dozen eggs, one table-spoonful of sugar, one table-spoonful of butter, and one teaspoonful of salt.

Put two sets of iron gem-pans where they will get very hot. Beat the eggs until light (it is well to use a Dover egg-beater); then add the sugar, salt, and milk. Gradually pour this mixture upon the sifted flour, beating thoroughly; and add the table-spoonful of butter, melted. Dip a piece of clean cloth into some soft butter, and rub it over the hot gem-pans; then pour the batter into the pans, and bake for twenty minutes. The cakes will be light and delicate, and about double their original size. The same mixture, baked in earthen cups for an hour, would increase to four times its first size, and the cakes would then be called pop-overs.

* Wheat Drop Cakes.

The materials needed are: one pint of flour, two teaspoonfuls of baking-powder, half a teaspoonful of salt, one generous table-spoonful of sugar, one table-spoonful of melted butter, half a pint of milk, and one egg.

Mix the dry ingredients together, and rub through a sieve. Now add the milk, and also the egg, well beaten. Finally add the melted butter. Drop this batter into boiling fat by dessert-spoonfuls, and cook for six minutes. Serve hot for breakfast, luncheon, or tea.

With the quantity of materials given above, two small plates of cakes can be made.

* Poverty Cakes.

Use one pint and a half of rye meal, half a pint of corn meal, a scant half-cupful of molasses, one teaspoonful of salt, one fourth of a teaspoonful of soda, one egg, and one pint of cold water.

Mix the meals and salt. Dissolve the soda in one table-spoonful of the water; then add it to the rest of the water and the molasses, and mix thoroughly. Pour this mixture upon the first one, and mix well. Now add the egg, well beaten. Drop this batter, by dessert-spoonfuls, into boiling fat, and cook for ten minutes. Drain on brown paper, and serve hot.

* Lapland Cakes.

After beating the whites of five eggs to a stiff froth, and the yolks as light as possible, mix the two, and add a pint of not very rich cream and half a teaspoonful of salt. Pour the mixture upon a generous pint of sifted flour; and after beating vigorously, pour it into buttered cups of brown earthenware. Bake for three-quarters of an hour in a moderately quick oven. These cakes may be baked in half an hour in iron gem-pans, but will not be so light as if they came from cups.

* Rye Pop-Overs.

Put a cupful and a half of rye meal and a cupful of wheat flour into a bowl, with one table-spoonful of sugar and one teaspoonful of salt. Beat three eggs together until very light, and add a pint of milk to them; then pour two-thirds of this mixture over that in the bowl, and after beating well, add the remainder of the milk and egg mixture. Butter a dozen little stone cups, and put them into an old pan. Pour the batter into them, and bake for an hour, having the oven very hot the first half-hour, and then reducing the heat.

* Fried Raised Cakes.

These are made of common bread dough, and afford a pleasant change of fare once in a while. If provision is to be made for five or six persons, take about a quart of the risen dough. Cut it into pieces about half the size of an egg, and roll into cylindrical pieces about four inches long. Place on a slightly floured board, being careful that they do not touch each other; and after covering them with a towel, let them rise in a warm place for forty minutes.

Have a deep kettle of fat heated to about 350°, and drop into it as many cakes as can be cooked without any crowding. Allowance must be made for an increase of about one-third in the size of the cakes after they are put in the fat. Cook for six minutes.

These cakes may be served as hot bread, to go with meats, or with syrup, like griddle-cakes. When syrup is used, the cakes may be improved by a sprinkling of sugar, and a slight flavoring of cinnamon or nutmeg.

BEVERAGES.

*A CUP OF TEA.

Few good things for the table are more easily made than a bright cup of tea, yet few are rarer. The explanation is found in the common feeling that anybody can make a pot of tea, which leads to carelessness in doing the slight work required. Proper treatment of a poor quality of tea will give a better result than improper use of a fine brand.

It is astonishing that so many people are satisfied with that coarse green tea called "Japan." This kind would be bad enough, even if it were infused, or steeped, in the most approved manner; and generally the steeping is far from perfect, making the drinker — if accustomed to black or Oolong tea of good quality — wonder how anybody can be willing to adopt it permanently. Still, it is not always the Japan tea which produces a poor drink. At some tables, where everything else may be excellent, the tea is poor, though the dry article may have cost a dollar or more a pound. Such tea will not injure the consumers so much as improperly drawn Japan tea will, yet it certainly cannot cheer them.

In making tea always use an earthen, china, or silver teapot, — never tin or granite ware. Pour boiling water into the pot, and let it stand long enough to heat the pot thoroughly; then pour out every drop of the water, and put in the dry tea. Cover the pot, and let it stand for five minutes on a part of the stove where it will keep hot. At the end of the five minutes pour in some boiling water, and send the tea to the dining-room. There will be time for a sufficient steeping while the pot is being carried from the stove to the table.

This method of preparing tea insures a fresh, bright, invigorating drink. Remember that the tea-pot must be free of moisture and old leaves when the fresh tea is put in; that the water used must be boiling so rapidly in the kettle that steam comes from the spout in a dense volume; and that fresh water should be put into the kettle whenever tea is to be made. These directions apply to all kinds of tea, save that English breakfast tea should be allowed to stand on the stove for five or eight minutes after the water is put with it, and almost, yet not quite, be allowed to boil.

The quantity of dry tea to be used for each person depends, of course, upon individual tastes; nevertheless. the old rule, "a teaspoonful for each person and one for the teapot," is a good one, and by following it, and allowing a generous half-pint of water to each spoonful of tea, one gets a moderately strong cup.

COFFEE.

To the lover of coffee nothing can surpass a perfect cup of this beverage. Tastes differ as to the proper degree of strength of this drink, but there is little difference in opinion as to the flavor of the coffee, which should be smooth and "bright." A great deal depends upon the berry and the way it is roasted. Comparatively few people roast their own coffee in these days, the work being done so well by large establishments. Mocha and Java mixed — one-third Mocha and two-thirds Java — are considered to be the best combination. Still, many other kinds, when properly roasted and made, give very satisfactory results.

* To Roast Coffee.

Wash the berries in cold water, and dry them by draining on a sieve for several hours. When dry, put them in a large dripping-pan, being careful not to have them more than half an inch deep. Place in a very moderate oven, and close the door. Stir every five minutes until the berries are a rich dark brown, which should be in about an hour. To every quart of the coffee add a generous table-spoonful of butter. Stir well, and return to the oven for five minutes. Beat the whites of two eggs till light but not dry. Take the coffee from the oven and stir in these beaten whites. Mix very thoroughly. Put the coffee in a tin box or in self-sealing jars.

A word of caution: In roasting the coffee great care must be taken that no part of it shall get scorched. Stir every time from the sides, bottom, and corners.

* Boiled Coffee.

There are many methods of making coffee, but the simplest is the best. Coffee made in the French biggin is smooth, clear, and of good flavor. That which is boiled is cleared with various substances. It has a different flavor from the filtered coffee. Many people use the boiled coffee for breakfast and the filtered coffee for dinner.

Put one cupful of roasted coffee into a small frying-pan, and stir it over the fire until hot, being careful not to burn it. Grind the coffee rather coarse, and put it in a common coffee-pot. Beat one egg well, and add three table-spoonfuls of cold water to it. Stir this mixture into the coffee. Pour one quart of boiling water on the coffee, and place the pot on the fire. Stir the coffee until it boils, being careful not to let it boil over; then place on the back of the stove where it will just bubble for ten minutes. Pour a little of the coffee into a cup, and return it to the pot. Do this several times. This is to free the nozzle of particles of coffee and egg which may have lodged there. Place the coffee-pot where it will keep warm, but not get so hot that the contents will bubble. After it has stood for five minutes strain it into a hot coffee-pot, and send to the table at once.

This gives a rather strong coffee, and yet it is not strong enough for some people. More or less water may be used, as the drink may be liked strong or weak.

* Here is another way to boil coffee: Soak a piece of isinglass, about two inches square, in half a gill of cold water. Put the coffee in the pot, and add the boiling water. Place it on the fire, and when it boils, stir in the soaked isinglass. Set back where it will simmer for ten minutes, and at the end of that time, strain and serve.

* Still another way is to put the coffee in a thin flannel bag. Place this in the coffee-pot, and add the boiling water. Place the pot in a saucepan of boiling water, and cook for ten or fifteen minutes, having the water in the saucepan boil all the time.

* Filtered Coffee.

Heat the coffee, and grind it very fine. Put it in the filter, and place the biggin in a saucepan of boiling water, and on the back of the stove. If one cupful of coffee be used, add a gill of boiling water. Cover, and let it stand for five minutes. When that time has passed add another gill of boiling water. Continue adding boiling water every two or three minutes until the amount required is used. If the coffee be desired very strong, a pint and a half of water — six gills — will be the right quantity, but for breakfast coffee this would be too strong for most people. Three pints of boiling water would be right for the average taste. This coffee must never boil; boiling would change its entire character.

Coffee should be served as soon as possible after it is made. The fine, bright flavor is lost if it stands long.

A cup of coffee is not perfect without cream. All cannot have cream, and the next best thing is hot milk. The milk should be heated to the boiling-point, but should not boil. Adding water to a cup of coffee to reduce the strength spoils it. Always dilute with hot milk.

Creole Coffee.

Put three table-spoonfuls of sugar in a small saucepan, and place on the back of the stove where it will brown slowly. Do not stir it. When it has burned almost black, add a generous gill of water. Let it simmer until the sugar is dissolved.

Put two cupfuls of fine-ground coffee into a biggin, and pour the caramel over it. Place the biggin on the back of the stove, and gradually add three pints of boiling water.

This is a nice after-dinner coffee, served with sugar and cream.

CHOCOLATE.

When properly made this is a grateful and nutritious drink; but what can be more unappetizing than a cup covered with oil? If the chocolate be kept hot for some time after it is made, the oily particles will separate from the other substances, making the drink unsightly and indigestible. Chocolate, however made, should be finished just at the time of serving.

As in the case of tea and coffee, tastes differ as to the strength of chocolate. In the opinion of many people one ounce of plain chocolate to one quart of milk is about the right proportion, while others would like four ounces of chocolate to a quart of milk. Again, some persons want the chocolate thick, and if enough plain chocolate be used to make it thick the drink will be bitter. Maillard's vanilla chocolate will make the drink thick and of good flavor.

Mulling chocolate will make it thick. The small dasher that comes in chocolate pots is called a muller. This is worked up and down the same as one churns butter. The process froths and thickens the chocolate. If one have no muller, it will be well to make the chocolate in the double-boiler and beat it up with a whisk.

Many folks think a cup of chocolate is improved by the addition of a table-spoonful of whipped cream. The cream can be whipped and drained and seasoned with a little sugar and vanilla; or it may be used plain.

Rich Chocolate.

Put one quart of milk in the double-boiler, and on the fire. Put into a small frying-pan four ounces of Maillard's vanilla chocolate, scraped fine, two table-spoonfuls of sugar, and four table-spoonfuls of water. Stir this preparation over a hot fire until it becomes smooth and glossy, which will be in about one minute; then stir the dissolved chocolate into the boiling milk. Whisk well, and then pour into a hot chocolate jug. Send to the table with a bowl of whipped cream.

* Plain Chocolate.

Put one quart of milk into the double-boiler, and on the fire. Scrape two ounces of Walter Baker & Co.'s or any plain chocolate. Put it in a small frying-pan with three table-spoonfuls of sugar and two of water. Place on a hot part of the fire, and stir constantly until smooth and glossy. Stir this into the boiling milk. Beat with the whisk for three minutes, and serve in a hot chocolate jug or pitcher.

If the chocolate be desired thick, mix a table-spoonful of arrowroot or corn-starch with half a gill of cold milk, and stir this mixture into the boiling milk. Cook for ten minutes. Now dissolve the chocolate, and after adding it to the thickened milk, whisk well.

Half a teaspoonful of vanilla, if it be liked, may be added to plain chocolate.

OTHER DRINKS.

* Broma.

Put a heaping table-spoonful of broma into a saucepan. Gradually add one gill of boiling water, stirring all the time. Now add one pint of hot milk and one table-spoonful of sugar. Place the saucepan on the fire, and stir until the mixture boils. Serve at once.

If this drink be liked strong, two table-spoonfuls of broma may be used.

* Breakfast Cocoa.

Prepare breakfast cocoa exactly the same as broma.

* Cracked Cocoa and Cocoa Shells.

Put a cupful of cocoa shells into a large cocoa-pot, and add a table-spoonful of cracked cocoa and two quarts of boiling water. Boil gently for four hours. Strain, and serve with hot milk and sugar.

* Cocoatina.

Wilbur's cocoatina makes a most delicious drink. It is a good deal like chocolate, but much more delicate, and comparatively free of oil. Put two table-spoonfuls of the cocoatina in a bowl with a table-spoonful of sugar. Add four table-spoonfuls of boiling water. Rub this to a smooth paste, and then stir it into a pint and a half of boiling milk; whisk well, and pour into a hot jug. Serve at once.

If the drink be liked stronger, more of the powder may be used.

Soda Cream.

When warm weather comes, perhaps the young folks will enjoy this drink. To make the syrup, use the following-named ingredients: one quart of boiling water, one quart of granulated sugar, two ounces of tartaric acid, the white of one egg, one table-spoonful of warm water, four of cold water, and some kind of flavor.

Boil the sugar and boiling water together for ten minutes; then set away to cool. When cold, dissolve the tartaric acid in the four table-spoonfuls of cold water, and add to the syrup. Beat the white of the egg with the warm water, being careful to break it thoroughly, yet not to make it light. Add this liquid to the syrup. Stir well, and pour through a fine strainer. Divide this mixture in halves, and add to one part a teaspoonful and a half of vanilla extract, and to the other part a teaspoonful and a half of lemon extract. Other flavors may be substituted for those named. Bottle the syrup, and put in a cool place. The bottles should be labelled.

Now prepare the soda. It is well to get some powdered and sifted soda at a drugstore. If the common soda be used, powder and sift it. Fold up in each of a number of small papers about as much soda as would be contained in a lump the size of a large pea. About thirty powders will be required for the quantity of syrup made. Keep them in a box beside the bottles, where they will be ready for use at any time.

To prepare the soda for drinking, half fill a glass with ice-water, then put in two table-spoonfuls of syrup, and finally add one of the powders, stirring quickly until the drink foams.

A Refreshing Drink.

When fresh fruits are plentiful, a delicious drink may be made by mixing two cupfuls of sugar, one of lemon juice, a pint of the juice of strawberries or raspberries, a small pineapple, grated, two quarts of water, and ice enough to make very cold. Three quarts of the beverage can be made with these articles. It will be found nice for a garden or lawn party.

PRESERVING.

The work of preserving requires time and pains; and unless one be willing to meet both of these requirements with a determination not to feel burdened, it will be better to buy such supplies as may be needed from time to time. Still, it is a comfort to a woman to have a good stock of her own making when the long season comes in which fresh fruit cannot be obtained; for if she have articles which she herself has produced, or which she has had made by some one of the many women who make a business of preserving for others, there will never be any doubt as to the quality of the fruit when it is wanted for the table on any particular occasion. In the matter of jellies, especially, the wise housekeeper either makes exactly what she desires, or has the work done under her supervision, — not trusting to the grocer for a supply. Only a small proportion of the jellies which are sold in stores is made from fruit juice, and a roast of mutton or venison is not complete without a tumbler of currant, grape, or barberry jelly.

The season for one fruit succeeds that for another so rapidly during the summer that unless a housekeeper be watchful, the particular fruits which she may have thought of preserving will go by before she is aware of it. When it comes to fruit like the blackberry, which ripens in Florida in March and April, and which can be found in perfection in Vermont as late as September, it is hard to say which is the best time for its preservation. A good general rule is that all fruits are at their best for canning when they are ripe and firm; but they should not be allowed to pass to the stage of over-ripeness, for decay will follow quickly. This is especially true when making currant jelly. Watch the market, and use the various fruits when they can be had in perfection. Fruit is generally cheapest when in its prime.

Utensils Needed when Preserving.

Many people look upon the work of preserving as hard and uncertain as to results. When an oil or a gas stove is used, the objection to the heat is removed; and if the directions given in this chapter be followed carefully, there need be no fear of failure. When preserving is to be done, there should be plenty of large earthen mixing-bowls, a grocer's tunnel (one with a mouth much broader than ordinary tunnels have), two or three long-handled wooden spoons, a long-handled skimmer, two preserving kettles, either granite-ware or porcelain-lined, two large milk-pans, scales, a quart measure, two squares of cheese-cloth, a colander, a purée-sieve, and a pointed flannel bag.

What Kind of Jars to Use.

In small families it is more economical to use pint jars than those of larger size, for small fruits. If the fruits always be put up in the self-sealing jars, the amount of sugar can be varied to suit individual tastes, as sugar is not essential to the preservation of the fruit when such jars are used.

A Few General Directions.

Peaches, pears, crab-apples, damsons and other plums are preserved whole, a syrup being prepared for them. Having the fruit ready, put in only such a quantity as will float freely in the syrup, and cook slowly until tender. Pears should be cooked for about fifteen or twenty minutes; peaches, ten to fifteen minutes; plums, three to five minutes. Pears and peaches should be dropped into cold water as they are pared, so that they may not become discolored. In order to pare peaches, put them into a wire basket, and plunge into boiling water for about two minutes; then the skin will come off readily. White plums are skinned in the same way, and damsons should not be skinned at all.

The jars in which fruit is to be put should be heated gradually in a pan of water. After they have been nearly filled with hot fruit, boiling syrup should be poured over them. The covers, if glass, also should be heated, and should be fastened upon the jars while hot. Under these conditions — provided, of course, that the covers be fastened securely — the fruit may be kept an indefinite time; indeed, any fruit that is made boiling hot, and is at once put into jars in the way just described, may be kept as long as one pleases, even if no sugar has been used in the course of cooking, though the flavor will not be so fine as when some sugar is used, — much or little, as one's taste dictates.

To Make and Clarify Syrup.

When it is desired to have the fruit and syrup exceedingly clear, it is necessary to clarify the syrup with the white of an egg.

Syrup for fruits which are very juicy should be rich, and that for fruits which are rather dry and require long cooking, should be rather thin. The proportions of a rich syrup are one pint of sugar to half a pint of water; the two ingredients to be boiled together for a quarter of an hour. A light syrup is made of equal quantities of sugar and water.

Here is a general rule for making and clarifying syrup: Put two quarts of sugar and one of water in the preserving-kettle. Beat the whites of two eggs until they are light, but not until they are dry, and stir them into the sugar and water. Place the kettle on the fire, and heat the contents slowly, stirring often, until they begin to boil; then draw the kettle back immediately, and after covering it, keep it on the back of the stove for half an hour. The liquid should be kept at the boiling-point, but should not be allowed to boil rapidly. At the end of half an hour remove the cover, and lift the thick cake of white scum which will be found on the surface of the liquid. The syrup will then be found as clear as crystal, and will be ready for use.

Should the syrup be allowed to boil hard, the white of the egg would get broken into small particles, in which case it would be necessary to pour the syrup through a fine strainer; but it would not be perfectly clear. Either do the work of clarifying carefully, or not at all.

All fruits are greatly improved if juice, instead of water, be used with sugar to make the syrup. The juice is particularly desirable in the case of fruits that are not very acid or of pronounced flavor. It is well, also, to use the juice of acid fruit in preparing syrup for a rather sweet fruit. The juice of currants, barberries, or green grapes, combined with sugar, makes an excellent syrup in which to preserve strawberries, raspberries, blackberries, apples, and pears.

* Pear Preserve.

Flemish Beauties or Sheldons are very nice if preserved in this manner: Pare the fruit, and drop it into cold water, to prevent it from becoming discolored. When all the fruit is pared, weigh it. Put the parings into a preserving-kettle or some other kettle over which a steamer can be placed. Add to the parings three pints of water for every four pounds of fruit. When the water begins to boil, put on the steamer, which should contain enough pears to cover the bottom. Watch the fruit, and as soon as it becomes tender, take it up, and put in a fresh supply.

When all the pears have been cooked, take off the steamer and strain the liquor from the parings. To each quart add one pint of sugar. Put on the fire, in the preserving-kettle, and when it begins to boil, skim carefully. Now add the pears, and simmer for twenty minutes. Put the fruit in glass jars, and cover with hot syrup. Close the jars at once. A small piece of ginger root in each jar adds flavor to the fruit, — say a piece an inch long.

Pears preserved in this manner are very nice for dessert in winter, served with cake and cream.

Macédoine Preserve.

For this preserve use six pounds each of cantaloupe, pears, and peaches, twelve pounds of sugar, two quarts of water, and six lemons.

Pare the lemons, being careful not to leave any white skin on them, and cut them in slices; then quarter the slices. Pare the cantaloupe, and cut it in small thin pieces. Now put the sugar and water in the preserving-kettle and on the fire, and when the liquid begins to boil, skim it carefully. Boil for ten minutes, and after adding the lemons, cook for ten minutes more.

Have the pears pared and cut in eighths, and when the lemon has been cooked for ten minutes, add the pears and cantaloupe, and cook for ten minutes longer. Now add the peaches, which have been pared and cut in eighths. Cook the preserve for half an hour, being careful not to boil it so rapidly that the fruit will get broken.

Heat some glass jars in water, and after filling with hot preserve, screw on the covers.

* Strawberries and Raspberries in their Own Juice.

Here is a good rule to follow in preserving small fruits when it is desirable to keep their color and form. It is particularly nice for raspberries and strawberries. For twelve quarts of berries take six quarts of sugar. Put three quarts of fruit into the preserving-kettle with one gill of water, and after heating very slowly, mash thoroughly. Turn into a piece of cheese-cloth, and let it drain until it is cool enough to be handled; then press every particle of juice through the cloth. Put the juice and sugar into the preserving-kettle, and heat slowly to the boiling-point, stirring frequently. When the juice boils, add the remaining nine quarts of whole berries, and cook for fifteen minutes. After the fruit begins to boil, the liquid should simply be allowed to bubble, and should be skimmed frequently. When the fruit is cooked, put it into jars, filling the remaining space with the juice. There may be about a quart of juice left after the jars are filled. Save it for use in the winter for sherbets, Bavarian creams, pudding sauces, or anything else for which fresh fruit juice would be used if it could be had.

Berries prepared by the foregoing directions will keep their shape, color, and flavor, and resemble the French and German preserves.

* Raspberries Preserved in Currant Juice.

Use twelve quarts of raspberries, three quarts of currants, and three quarts of sugar. Free the currants of leaves and stems, and put them into the preserving-kettle and on the fire. Cook slowly for an hour, stirring and mashing frequently. Spread a square of cheese-cloth in a colander, and place the colander over the preserving-kettle; then pour in the hot fruit and juice, and squeeze as much juice as possible from the currants and through the cloth. Now add the sugar to the currant juice, and place the kettle over the fire. Stir frequently until the sugar is melted.

Have the raspberries stripped from the stems and freed of leaves, and when the syrup begins to boil, put the fruit into it. Let the fruit boil for ten minutes. Skim the raspberries from the syrup, and put them in glass jars that have been placed in a pan of cold water and kept over the fire until the water boiled. Keep the covers hot in another pan of water.

Now fill the jars with hot syrup, and put on the covers immediately. There will be about a quart of syrup left. Seal it in a jar; it will be nice to use in making sauces or dishes for dessert in the winter.

* Raspberries Preserved in their Own Juice.

Use sixteen quarts of raspberries and four quarts of sugar. Do the same as with raspberries preserved in currant juice, only substituting four quarts of raspberries for three quarts of currants to get juice. If the fruit be desired richer, six quarts of sugar may be used.

* Raspberries Preserved without Cooking.

After ridding twelve quarts of raspberries of stems and leaves, put them in a large bowl with nine pints of granulated sugar. Mash the fruit and sugar together, and place the mixture in a cool place for three or four hours. At the end of this time mix the fruit and sugar very thoroughly, and pack in jars. Just before packing, however, hold each jar over a lighted candle for half a minute, to exhaust the air. Screw the covers on carefully. Wipe the jars, and place them in a cool, dark place in the cellar.

Strawberries and blackberries can be preserved in this manner.

* Preserved Blackberries.

Put eight quarts of blackberries and two quarts of sugar in a preserving-kettle, and heat slowly, stirring often. Simmer for half an hour after the fruit begins to boil. Put in small jars, and seal while hot.

* Preserved Pineapple.

To preserve pineapple, pare it, cut it into thin slices, free it of the core, weigh it, and put it into a bowl with half its weight of sugar. Let it stand over night, and in the morning put it on the stove in a preserving-kettle. When it begins to boil, skim it. Let it boil for a minute; then put it into jars, and seal the jars.

* Canned Apples and Quinces.

Use one peck of apples, two quarts of quinces, and two quarts of sugar. Pare the quinces, and cut out the cores. Put the cores and parings into the preserving-kettle with two quarts of water, and boil gently for an hour.

Cut the quinces into eighths, and put them into another kettle containing three pints of boiling water. Simmer until the fruit is so tender that a straw will pierce it. Lift the pieces from the water with a fork, and lay them on a platter to drain. Now strain the water from the cores and parings into the kettle in which the quinces were stewed. Add the sugar, and simmer for ten minutes; then skim.

Wash the other preserving-kettle, and pour half the syrup into it. Now put one-quarter of the pared, cored, and quartered apples into each kettle, and add, also, one-quarter of the cooked quinces to the contents of each kettle. Simmer gently for twenty minutes. Fill heated jars with this fruit, and seal them at once.

Cook the remainder of the fruit in the syrup remaining in the kettle, and seal it in cans as before.

This is a delicate preserve that may be served with cake for dessert when fruit is scarce.

* Canned Apples.

Only fine-flavored tart apples should be canned. Apples, like all canned fruits, may be put up without sugar; but the flavor is finer when sugar is added to them during the cooking.

Pare, quarter, and core one peck of tart apples. Put them into a preserving-kettle with one quart of water and after covering the kettle, put it on the fire. As soon as the water begins to boil, draw the kettle back where the fruit will cook slowly for a quarter of an hour. Stir frequently. Add one quart of sugar, and cook fifteen minutes longer. Have at hand some hot preserving-jars, and after filling them, seal immediately. It is worth the while to can a bushel of apples, or more.

* Canned Blackberries.

To can blackberries, put them in the preserving-kettle with one pint of sugar to every two quarts of berries. Heat slowly, and when boiling hot, pour into jars, and seal at once.

Less sugar may be used if the fruit be not liked sweet.

* Peach Marmalade.

Put the peaches in a wire basket, and plunge them into boiling water for two minutes. On taking them from the water, rub off the skin with a coarse towel; then cut the peaches in halves, and take out the stones. Measure the fruit, and put it in the preserving-kettle. To six quarts of peaches put one quart of water. Cover, and cook for an hour; then add three quarts of granulated sugar, and cook for an hour longer, stirring frequently. The marmalade should be thick, smooth, and rather glossy at the end of that time. Put it up in small jars or tumblers. When cold, cover with round pieces of stiff white paper that have been dipped in brandy, and then paste larger and thicker covers over the first, unless there be metal or glass covers for the jars or tumblers.

* Raspberry Jam.

Pick eight quarts of the fruit free of leaves, stones, and imperfect berries. Put it in the preserving-kettle, and cook slowly for half an hour; then break the fruit with a spoon, and press it against the side of the kettle. Dip out one pint and a half of the juice. Now add five pints of granulated sugar to the fruit, and cook for half an hour longer. Put in small jars, and seal. Keep in a cool, dry place.

Put one pint of sugar with the juice, and boil for ten minutes; then pour into a hot jar, and seal. It may be used in the winter for flavoring dishes for dessert. Or the juice may be used in making jelly.

* Blackberry Jam.

Put eight quarts of berries in a preserving-kettle, and cook slowly for two hours; then add three quarts of sugar, and cook for half an hour longer. Put in small jars, and seal while hot.

Brandied Fruit.

This is an easy way to preserve fruit and retain its natural flavor. Only choice fruit should be used. Put into a two-gallon jar a quart of brandy and three pounds of granulated sugar. Then, as various kinds of fruit may be obtained, add a pound of sugar with each pound of fruit. Begin with strawberries, and from time to time put in large, rich cherries from which the stones have been removed, bananas, apricots, raspberries, pineapples, peaches, etc. Keep in a cool place, and stir every few days until the last of the fruit has been added.

The quantity of brandy and sugar mentioned at the outset will bear seven or eight pounds each of fruit and new sugar. When all the fruit has been put in, cover the jar with a paper wet in brandy, and tie a second paper over the first; or the fruit may be transferred to a number of small jars. Fruits like pineapples, peaches, etc., should be pared and cut before they are put into the large jar.

Brandied fruit is nice to serve with ice-cream or to freeze with it. Half a pint is enough with a gallon of cream, and it should be added, in small pieces, when the cream is half frozen.

JELLIES.

In making jellies it is well always to remember a few facts in particular. The freer the fruit is of stems and imperfect fruit, the clearer and brighter will be the jelly. For example, jelly made of currants left on the stems will be found several shades darker than that made of stemmed currants from the same lot. Again, when the fruit juice is boiled without any sugar, and the hot sugar is simply added and the mixture is stirred only long enough to dissolve the sugar, the jelly will be many shades brighter than when the juice and sugar are cooked together.

* Currant Jelly.

Free the currants from leaves and stems, and put them in the preserving-kettle. Cover, and heat slowly, stirring frequently. When the fruit begins to boil, mash it with a vegetable-masher or with the back of a large wooden spoon. Simmer for half an hour from the time the fruit begins to boil.

Put a purée-sieve or a colander over an earthen bowl, and spread in the sieve or colander a large square of cheese-cloth. Dip up the hot currants, and deposit them in the sieve; then press out as much of the juice as possible. Let the fruit stand for ten or fifteen minutes, to drain. Meanwhile dip a white flannel jelly-bag into boiling water, and fasten it on a jelly-frame, so that it shall hang over a large bowl. If there be no such frame in the house, fasten the bag to two chairs. The bag should be cone-shaped, and have four strong tapes sewed on the edge, with which to tie it to the frame or chair.

Pour the strained currant juice into the bag, and let it drip into the bowl; then measure it, and pour it into a clean preserving-kettle. Place it on the fire, and when it begins to boil, skim it carefully. Boil for twenty minutes, skimming frequently.

As soon as the fruit juice is put on the fire, put into a milk-pan as many pints of granulated sugar as there are pints of juice, and place the pan in the oven. Stir the sugar frequently, and be careful that it does not become brown. It should be hot by the time the fruit juice has been boiling for twenty minutes.

When the juice has boiled sufficiently, draw the kettle to one side of the range and add the hot sugar. Stir until the sugar is wholly dissolved. Have a number of jelly-tumblers in a large dripping-pan containing about an inch of hot water. Pour the hot jelly into a warm pitcher, and fill the tumblers from the pitcher, being careful to fill to the top. Set away in a cool place for two or three days; then cover with round pieces of white note-paper that have been dipped in brandy. Now put on the tin or glass covers, and set away.

The practice of straining the fruit juice the second time through a flannel bag is not common; but the process is worth trying, as it gives a very clear jelly.

* Green Grape Jelly.

The grapes should be picked when about to turn, and wild fruit is best. Free half a bushel from stems and leaves, and put them into a large preserving-kettle. Cover, and place where they will heat slowly. Stir occasionally, and when they begin to soften, mash them with the back of a spoon. Cook until the whole mass boils, and then simmer for half an hour.

Put a large piece of cheese-cloth in a sieve, and after putting the sieve over a large bowl, dip the hot grapes and juice from the kettle, and deposit them in the sieve. Let them stand for ten or fifteen minutes; then take up the cloth, holding it firmly at the ends, and move the mass back and forth by raising the cloth first at one end and then at the other. The juice will run through the cloth into the bowl in about fifteen or twenty minutes. When as much as possible has been obtained, put the cloth into the sieve again, and place the sieve over another bowl. Wash the preserving-kettle carefully, and measure the grape juice into it. Set upon the stove, and as soon as the liquid begins to boil, skim it. Boil rapidly for twenty minutes, skimming frequently.

When the juice is first set upon the stove, put into a pan (a milk-pan is best) as many pints of granulated sugar as there are pints of juice, and place in the oven. Stir often, to prevent coloring. When the juice has boiled hard for twenty minutes, add the hot sugar, and stir until it is dissolved; then remove the jelly from the stove. Have ready some tumblers, standing in a dripping-pan containing about half an inch of warm water. Dip up the jelly with a cup, and fill these tumblers. Let the jelly cool, and then set away in a cool, dry place. After three or four days cover the tumblers with round pieces of white note-paper which have been dipped in brandy; then put on the tin or glass covers.

This jelly will have a light color, and be a pleasant substitute for currant jelly.

Ripe grape, blackberry, and raspberry jellies all are made in the same manner.

* Raspberry Jelly.

Use fresh and dry fruit. Free it from stems and leaves, and put it in a preserving-kettle. Heat slowly, and cook for half an hour. Press out the juice, strain it, and proceed as directed for currant jelly, on the preceding page.

Blackberry jelly is made in the same manner.

* Apple Jelly.

Wash, and cut into small pieces enough rich-flavored tart apples to make three quarts, and putting them into a preserving-kettle with three quarts of cold water, boil gently until they can be mashed smooth. Put a piece of cheese-cloth in a sieve, and after placing the sieve over a large bowl, pour the apple into it, and treat in the same way that green grapes are treated, save that a little more pressure should be used. When all the juice has passed through, strain it through a clean piece of cheesecloth. Now proceed the same as when making grape jelly, only boiling the mixture, however, for five minutes after the sugar has been added.

Quince, crab-apple, peach, and barberry jellies all are made in the same manner.

The pulp of fruit from which jellies have been made need not be wasted. Rub it through a sieve, and add it to an equal volume of fresh fruit that has been boiled to a pulp and sifted. Put this mixture into a kettle with a pint of sugar to each pint of pulp, and after heating slowly to the boiling-point, cook for twenty minutes. When fruit is plentiful and cheap it hardly pays to use the pulp of that from which jelly has been made, because the juice contains the greater part of the fine flavor.

It is wise always to use, in preserving, the best of sugar and fruit.

Wash, wipe, pare, and core one peck of tart apples. Put the cores and parings into a preserving-kettle, with three pints of water, and simmer for two hours. Put the apples and half a pint of lemon juice into another kettle, and pour on boiling water enough to cover the fruit. Simmer for two hours.

Strain the liquid from the two kettles through a piece of cheese-cloth and into a bowl. Give the fruit ample time to drain, but do not squeeze it. Wash one of the kettles, and measure the strained juice into it. To each pint add a pint of granulated sugar. Let the liquid boil for twenty-five minutes, skimming frequently. Fill the jelly-tumblers to the brim, and when the jelly is cold and firm, cover the glasses.

* Raspberry Syrup.

Use two quarts of sugar, three quarts of currants, four quarts of raspberries, and one quart of water.

Free the fruit from stems and leaves, and put it in a preserving-kettle. Heat slowly, and mash with a wooden vegetable-masher. Cook for half an hour.

Put the sugar and boiling water in another preserving-kettle, and boil gently during the last ten minutes that the fruit is cooking, skimming carefully. Now add the hot crushed fruit, and cook for a quarter of an hour longer. Strain and cool. When cold, put in small bottles, corking them tightly, and putting them away in a cool, dark place.

An excellent drink can be made in hot weather by putting three or four table-spoonfuls of this syrup in a glass of ice-water.

* Raspberry Vinegar.

Use one pint of white wine vinegar, or cider vinegar, four quarts of raspberries, and three pints of sugar. In the morning put two quarts of the raspberries into a large stone-china bowl, and pour the vinegar over them. Do not mash the berries. Cover the bowl, and set it away in a cool place. The next morning strain off the liquid, and turn the berries out of the bowl. Put the other two quarts of berries into the bowl, and pour the liquid over them. Let them stand until the next day, when the liquid must be strained into a preserving-kettle. Add the sugar, and place the kettle on the fire. When the liquid begins to boil, skim it carefully, and boil for twenty minutes; then cool it, and put it into small bottles, corking them tightly. This makes a refreshing drink in hot weather, and is good in sickness.

The berries from which the liquid was strained may be put in a preserving-kettle with a pint and a half of sugar and one gill of water, and be cooked slowly for an hour. They should then be put in tumblers, and will be nice to eat with roast meats.

* Blackberry Cordial.

Put the blackberries in the preserving-kettle, and heat slowly until they begin to boil. Mash the berries, and cook slowly for half an hour; then strain the juice through a piece of cheese-cloth. Measure it, and put it into a clean preserving-kettle. To each quart add half a pint of sugar, half a teaspoonful of cinnamon, one-fourth of a teaspoonful of ground cloves, and half a nutmeg, grated. Boil for half an hour. Let the liquid cool, and add a gill of brandy. Bottle, and put away in a cool place.

This is excellent for bowel complaints. If one does not wish to use brandy, it may be omitted. Every one should prepare at least a quart of this cordial when the berries are in their prime.

* Pickled Blackberries.

Put a quart of sugar, a pint of vinegar, and half a teaspoonful each of cinnamon, allspice, and cloves into the preserving-kettle, and place over a moderate fire. When the mixture boils, add four quarts of blackberries, and cook for a quarter of an hour longer; then turn into pint jars. There will be enough to fill six.

* Spiced Currants.

Use seven pounds of red currants, half a pint of strong vinegar, half a pint of currant juice, three pints and a half of granulated sugar, two ounces of stick cinnamon, and one ounce of whole cloves.

Tie the spice in a bag, and put it in the preserving-kettle with the sugar, vinegar, and currant juice. Place on the fire, and when the mixture boils, add the currants. Boil until the currant mixture will jelly. It will take from an hour to an hour and a half for this.

* Spiced Grapes.

Prepare grapes the same as currants. These spiced fruits are nice to serve with meats.

* To Can Tomatoes Whole.

Select large, smooth tomatoes. Wash them, and put them in a deep pan; then cover with boiling water, and let them stand for five minutes. This will loosen the skins. Pour off the water, and pare the tomatoes. Now lay them in a deep dish, and put them into a moderately hot oven. Cook for thirty minutes, being careful that they do not get browned.

When these tomatoes are put into the oven, put a stew-pan of sliced tomatoes on the fire. Stir frequently, to prevent burning. When they have been stewed for twenty minutes, rub them through a fine strainer; then return to the stew-pan.

Place some self-sealing cans on the fire in a pan of cold water, and heat the water gradually to the boiling-point.

When the whole tomatoes are done, take the dish from the oven, and transfer the tomatoes to the hot jars, being careful not to break the vegetables. Pour the juice into the jars, and fill up with the strained tomatoes, which must be boiling hot. Have the jars so full that a little juice runs over. Now put on the elastic bands and the covers. Tighten the covers as much as possible, and when the jars become cold, tighten the covers again. Place in a dark, cool place. In the winter these tomatoes can be used for salads.

For a peck of the whole tomatoes, use two quarts of sliced tomatoes for the juice to fill the cans. In some cases this will prove too much; but what is left over may be used for soup, sauce, or ketchup.

* Canned Tomatoes.

Pare the tomatoes as directed when preserving whole tomatoes; then slice them, and put them in a preserving-kettle. Heat slowly, stirring frequently to prevent burning. Let them boil gently for twenty minutes from the time they actually begin to boil. Have the jars heated in water, and fill and seal as before.

* Canned Corn and Tomatoes.

Use two dozen ears of tender green corn, half a peck of ripe tomatoes, one teaspoonful of white pepper, two level table-spoonfuls of salt, and half a pint of boiling water.

Cover the tomatoes with boiling water for a few minutes; then remove the skins, and cut the tomatoes in thin slices. Draw the husks and silk from the corn. With a sharp knife cut through the centre of each row of grains, and when all the grains have been treated in this manner, cut them off, being careful to remove every particle of the milky substance. When all the cobs have been treated in this way, put the water in a stew-pan, and then add the corn. Simmer for half an hour; then add the tomatoes and seasoning, and cook slowly until the contents of the stew-pan begin to boil. Now boil for ten minutes.

When the tomatoes are added to the corn, put glass jars in a pan of cold water, and place them on the fire where the water will gradually get heated to the boiling-point.

When the corn and tomatoes have been boiling for ten minutes, pour the water from two of the jars, and fill with the boiling mixture. Put on immediately the rubber bands and the covers, which should be screwed on as tight as possible. Continue in this way until all the jars are filled. When the jars are almost cold, tighten the covers again.

* Succotash.

Soak six quarts of Lima beans in cold water for two hours, and then put them in a stew-pan with boiling water, and boil them for an hour, if they be young and tender, or for an hour and a half, if they be at all old. Prepare and cook four dozen ears of corn in the manner directed in the preceding receipt. When the beans are tender, drain off the water, and add them to the corn. Now add one teaspoonful of pepper and two level tablespoonfuls of salt. Boil for ten minutes, and can in the same way corn and tomatoes are canned.

* Okra and Tomatoes.

Use half a peck of tomatoes and one peck of green, crisp okra. Pare and slice the tomatoes. Wash the okra, and cut off the stem ends; then cut in thin slices. Put both of the vegetables together in a stew-pan, and simmer for half an hour, being careful not to burn. Can the same as corn and tomatoes.

This will be found nice as a vegetable, or to use in soup in the winter and spring.

* Cucumber Pickles.

Use small cucumbers only. Wash them carefully, to free them of particles of earth; then lay them in a large stone jar or bowl. For eight quarts of cucumbers put into a stew-pan a gallon of boiling water and a pint of salt. When the water begins to boil, skim it, and then pour it over the cucumbers. Do this in the morning. In the afternoon pour the brine from the cucumbers into the saucepan, and after heating it to the boiling-point, pour it over the cucumbers for the second time, and let them stand in the brine all night. In the morning scald the brine for the third time, and pour it over the cucumbers, letting them stand in it for six hours. Now add a table-spoonful of alum to one gallon of boiling water, and after turning off the brine, pour this alum water over the cucumbers. Let them stand for six hours; then scald the water, and pour it over them again.

The next morning drain the cucumbers. Now put one gallon of vinegar in the preserving-kettle with four bell peppers, three sticks of cinnamon, one table-spoonful of whole allspice, and half a table-spoonful of whole cloves. Place on the fire, and heat slowly to the boiling-point.

Put one quart of vinegar on the fire in another kettle, and when it begins to boil, drop eight or ten cucumbers into it. Cook them for eight minutes, and on taking them out, lay them in a stone jar. Continue scalding the cucumbers in this way until they are all done; then pour the hot, spiced vinegar over them. Cover closely, and when they are cold, set them away in a cool, dark place.

The spice may be omitted if not liked.

* Combination Pickle.

This is easily and quickly made, no cooking being required. Use three quarts of ripe tomatoes, pared and chopped fine, half a pint of grated horse-radish, one pint of celery, chopped fine, half a cupful of chopped onion, eight table-spoonfuls of mustard-seed, two table-spoonfuls of chopped red peppers, eight table-spoonfuls of sugar, eight of salt, one table-spoonful of ground cinnamon, a level teaspoonful each of clove and mace, and one quart of vinegar.

Mix all these ingredients thoroughly, and then pack the pickle in a stone jar. It will be ready for use in a few days, and will keep for months in a cool place.

* Chow-chow.

For two quarts of this pickle use one good-sized head of cauliflower (one weighing about three pounds), eight small green peppers, ten small cucumbers, about an inch and a half long, one pint of pickling onions of the smallest size (they should not be larger than a cherry), one pint of salt, one quart of vinegar, three table-spoonfuls of tumeric, a generous teaspoonful of cayenne, and one gill of water.

Peel the onions, and cook them in boiling water for a quarter of an hour; then pour off the water, and put them into a bowl. Break the cauliflower into small branches, and wash in cold water. Put the peppers, cucumbers, and cauliflower into a large bowl. Put the salt into a stew-pan with two quarts of boiling water. Boil for ten minutes. Skim this brine, and pour a part on the vegetables and a part on the onions. Let these ingredients stand in a cold place for twenty-four hours. At the end of this time pour off the brine, and put the vegetables into a preserving-kettle. Mix the mustard, tumeric, and cayenne with the water, and add to the vegetables. Now add the vinegar, and place the kettle on the fire. Heat slowly to the boiling-point, and simmer for one hour. Put the pickle into hot jars, and seal.

* Albany Chow-chow.

The materials are: one peck of green tomatoes, half a peck of ripe tomatoes, one dozen of small white onions, one dozen green "bull-nosed" peppers, four red bull-nosed peppers, one peck of chopped white cabbage, one pint of salt, one quart of granulated sugar, one cupful of grated horse-radish, one table-spoonful of white pepper, one table-spoonful of powdered mace, one table-spoonful of powdered mustard, half a pint of Dutch mustard, one ounce of white mustard seed, one ounce of celery seed, and cold vinegar enough to cover the whole mass.

Chop fine the tomatoes, onions, and peppers. Mix the chopped cabbage and salt with these. Make a large bag of coarse cotton cloth. Put this mixture into it, and lay it in a press. If there be no press at hand, one may be extemporized by laying slats across a keg, placing the bag on these and then putting a heavy plank with weights on the bag. This presses out the strong rank juices of the vegetables. Keep them in the press for twenty-four hours. At the end of that time turn the vegetables from the bag into a bowl, and add the other ingredients. Mix thoroughly, and add enough cold vinegar to cover the mixture. Pack in wide-mouthed bottles or self-sealing jars.

This chow-chow is not to be cooked. It will keep all winter.

* Chow-chow of Ripe Cucumbers and Onions.

Use four quarts of ripe cucumbers, peeled, seeded, and chopped fine, two quarts of white onions, chopped fine, half a pint of salt, two ounces of white mustard seed, two green peppers and one red pepper, one table-spoonful of black pepper, and enough vinegar to cover the mixture.

Mix the chopped onion and cucumbers with the salt, and put in the press for twenty-four hours. At the end of that time put the vegetables in a bowl, and add the dry ingredients. Mix well, and then add the vinegar. Put the chow-chow in jars, and place a few nasturtium leaves and a few pieces of horse-radish root in the mouth of the jar. They flavor the chow-chow, and help to keep it fresh.

* India Chutney.

The proportions are: two quarts of pared, cored, and sliced tart apples, the same quantity of green tomatoes, chopped fine, one pound of stoned raisins, chopped fine, three cloves of garlic, one shallot, one pint and a half of brown sugar, one pint of lemon juice, one pint and a half of vinegar, one gill of salt, one teaspoonful of cayenne, and one table-spoonful of powdered ginger.

Grate the garlic and shallot. Put all the ingredients into a large stone jar, and let them stand over night. In the morning place the jar on the fire in a kettle of cold water. Heat slowly to the boiling-point, and boil for six hours, stirring occasionally. Heat pint preserving-jars, and after filling them, screw on the covers carefully This pickle will keep for years.

* American Chutney.

Use half a peck of green tomatoes, four green peppers, two large onions, one gill of salt, one gill of grated horse-radish, half a pint of lemon juice, one pint and a half of vinegar, one pint of sugar, one teaspoonful of ground clove, and one table-spoonful each of ground cinnamon and allspice.

Chop the tomatoes, and let them drain through a colander for one hour. Chop the peppers very fine. Now put the tomatoes and other ingredients into a preserving-kettle, and place on the fire. Heat slowly to the boiling-point, and cook for an hour, stirring frequently; then pour into pint jars, and seal.

* Green Tomato Soy.

The materials required are: one peck of green tomatoes, one quart of sliced onions, one pint of salt, half a pound of mustard seed, half a cupful of ground mustard, one dozen pepper-corns, one dozen whole allspice, and one quart of vinegar.

Wash the tomatoes, and cut off the stems; then chop fine. Mix the salt with them, and after covering the mixture, let it stand in a cool place for twenty-four hours. At the end of that time turn it into a colander, and drain well. Now put this mixture into the preserving-kettle with the other ingredients, — first, however, mixing the ground mustard with one cupful of cold water. Cook slowly, stirring frequently, for three hours. Pour the soy into pint jars, and seal carefully. When cold, put in a dark, cool place.

This pickle will keep for several months without being sealed.

* Tomato Ketchup.

For five quarts of ketchup use one generous peck of ripe tomatoes, one quart of strong vinegar, one pint of sugar, three table-spoonfuls of salt, one table-spoonful of whole allspice, a level teaspoonful of cayenne, one table-spoonful of whole cloves, one table-spoonful of mustard seed, two onions, one teaspoonful of white pepper, two blades of mace, and two sticks of cinnamon.

Wash the tomatoes; then cut them into small pieces, and put them in the preserving-kettle. Pare and slice the onions, and add them to the tomatoes. Place on the fire, and cook slowly for one hour. Now rub the cooked vegetables through a sieve, and return to the preserving-kettle. Place on the fire, and after adding the other ingredients, cook for four hours, stirring frequently; then strain. Have wide-mouthed bottles heated in water, and after filling them with the ketchup, cork them tightly, and seal.

* Tomato Ketchup.

Use one peck of ripe tomatoes, one pint of vinegar, half a cupful of salt, half an ounce of ground clove, one ounce of ground allspice, half a teaspoonful of cayenne, and one teaspoonful of black pepper.

Wash the tomatoes, and cut them in slices. Put them on the fire in the preserving-kettle, and simmer for half an hour; then rub through a sieve. Put the strained tomato into the kettle, and add the other ingredients. Boil gently for eight hours, stirring often. Bottle while hot.

FOOD FOR THE SICK.

No attempt will be made in this chapter to cover the whole ground of food for the sick, as that alone would require a small volume. The dishes that will be given are such as every woman should know how to make well and serve daintily. Exact quantities, time, and method will be stated. There is no reason why any woman should be unable to prepare any one of these dishes successfully. All through the book will be found receipts for dishes that a delicate invalid can eat with pleasure and safety. There will be no danger in partaking of nearly all the soups, the plain vegetables if carefully cooked, roast, boiled, and broiled meats, boiled and broiled fish, all kinds of bread if stale or toasted, cooked fruits, simple puddings into which no fat enters, jellies, creams, and other light desserts.

Never give re-cooked meats, fish, or vegetables to an invalid, and cook only small quantities of food for him. Simplicity, variety, and healthfulness are the things to be considered in preparing food for the sick. What is good for one person frequently is injurious to another. One must not become impatient or discouraged because the invalid is changeable in his tastes.

Milk is now given in almost all kinds of illness. In cases where pure milk does not agree with a patient a table-spoonful of lime-water is sometimes added to a glass of milk; or a little soda-water may be added to the milk just as the patient is about to take it. In making tea, coffee, or chocolate for the sick, be careful to serve it as soon as made.

The eye as well as the palate of the patient is to be considered. The tray always should be covered with a fresh napkin; the china, glass, and silver should be the daintiest the house affords.

Only a few things should be served at a time; it is better that the patient should think he has not had enough to eat, than that he should lose his appetite on the appearance of a large quantity of food.

Always serve tea, coffee, and chocolate in a little pot, and pour it into the cup in the presence of the patient. Tiny bowls, pitchers, and teapots can be purchased in cheap ware or in the most delicate and expensive of china. A set of these and two delicate cups and saucers should be in every house. One flower in a pretty vase adds to the beauty of a tray. A bit of green on a small piece of steak, a chop, or a fillet of fish will make these dishes doubly attractive.

* Beefsteak.

Have a piece of steak about three inches square and nearly an inch thick, cut, if possible, from the top of the porterhouse. The tenderloin is commonly cooked for invalids; but it is the least nutritious of all the cuts, and therefore is not suitable food for an invalid. Put the steak in the double-broiler, and cook for eight minutes over a bright fire. Hold the broiler close to the coals for the first three minutes; then raise it several inches higher in order that the steak may cook more slowly. The broiler must be turned constantly while the steak is being cooked. When the steak is done, slip it from the broiler on a warm dish, sprinkle a little salt over it, and then spread a teaspoonful of butter on it. Serve at once. Never place the steak in the oven, nor over water, nor on the back of the range to keep hot or melt the butter. Even a minute's stay in the oven will injure the flavor of the steak and the butter. Everything should be ready to serve the moment the steak comes from the fire.

The time stated for cooking the steak will give a piece of meat that is red from the thin brown crust on the surface to the centre, provided that the steak be cut about an inch thick; if half an inch thick, cook for only five minutes.

* Round Steak.

When it is not possible to get a tender, juicy steak, or when the patient's power of mastication is not good, a nutritious and digestible steak can be prepared from the round of beef.

Lay a thin slice of round steak on a board. Scrape one surface of the meat with a sharp knife until there is nothing left on that side but the tough fibres; then turn the meat over, and scrape the other side in like manner. As the tender meat is scraped off, put it into a small dish. Press this into a square, having it about half an inch thick. Rub the bars of the double-broiler with a little butter, and lay the steak between them. Broil over clear coals for five minutes. Place the steak on a warm dish, spread a little butter on it, and season with salt. Serve at once.

* Victimized Chop.

Have one chop cut about three-quarters of an inch thick, and two chops from the neck, cut very thin. Trim the thick chop, and place it between the other two. Place in the double-broiler, and cook over clear coals for about twelve minutes. Hold the broiler close to the coals so that the outside chops shall be scorched. When cooked, remove the outside chops, and place the middle one on a warm dish; season it with salt, and spread about half a teaspoonful of butter over it. Serve at once. This chop is to be given to a patient when it is desired that the food shall be particularly nutritious.

* Plain Broiled Chops.

Trim two small chops, and broil and serve them in the manner described for beefsteak.

* Beef Sandwiches.

Scrape some beef in the manner described for preparing round steak; season it generously with salt. Cut four slices of stale bread as thin as a wafer; spread the beef on two of the slices, and lay the other slices on top, pressing them down carefully. Cut them into small pieces about an inch square. Arrange these daintily on a fringed napkin or in a pretty little dish. This is one of the pleasantest modes of serving raw beef.

* Beef Croquettes.

When the patient must eat raw beef, this is one of the palatable ways in which it may be served. Scrape the beef as directed for preparing round steak; season the tender scraped beef with salt, and shape it into balls about the size of a small olive. Heat a small frying-pan very hot; sprinkle it thickly with salt; put the beef balls into this, and shake the pan over a very hot fire for about one minute. The balls will then be coated brown on the outside, but will be raw under the thin coating of brown.

Game.

Nearly all kinds of game are more easily digested than the meat of domestic animals; therefore, when fresh and tender, game is good for the patient who can eat animal food.

* Venison Steak.

Cut a piece of steak three inches square and three-quarters of an inch thick. Cook it for seven minutes, treating it in every particular the same as beefsteak. Serve with the steak a teaspoonful of currant jelly in a small dish.

Broiled Breast of Grouse.

Take one-half of the breast of a sweet, tender grouse, place it in the double-broiler, dredge lightly with flour and salt, and broil over clear coals for eight minutes. Place on a warm dish, season with salt and half a teaspoonful of butter, and serve at once.

The breast of a partridge may be cooked in the same manner, but only ten minutes' cooking is required.

Quail on Toast.

Split the quail down the back, remove the entrails, wipe the bird, and dredge it with salt. Broil over a clear fire for ten minutes. If the patient be not very sick, before broiling the bird, spread a little soft butter over the breast and legs, and then dredge with flour. Lay the bird, breast up, on a slice of toast, and serve at once.

Squab on Toast.

Split the squab down the back; clean and cook the same as quail.

Any small bird may be cooked in the same manner.

* Broiled Bacon.

When the stomach is in an inflamed condition, as in gastric fever, fat bacon, if delicately broiled, will be found to be healing and appetizing. Have the best kind of fat smoked bacon, very cold. Cut it in thin slices (the slices should be so thin that you can look through them). Place the slices in the double-broiler, and cook over clear coals until the bacon curls. It will take about five minutes. Turn the broiler constantly while cooking the bacon. When done, serve at once.

* Broiled Fish.

White fish is more easily digested than dark fish, and therefore always should be selected for an invalid. Broiling is to be preferred to all other methods of cooking. Have a piece of the thick part of the fish, free of skin and bones; season it with salt, and dredge it lightly with flour; rub the bars of a double-broiler with butter, and place the fish between them. If the fish be three-quarters of an inch thick, broil it over clear coals for twelve minutes. Slip it on to a warm dish, and spread butter over it. A piece of fish four inches long and three wide will require a generous teaspoonful of butter.

* Salt Fish in Cream.

Break into flakes enough salt codfish to make half a cupful. Wash this, and put it in a small saucepan with cold water enough to cover it. Cover the saucepan, put it in another of cold water, and place on the back of the range, where the water will heat slowly, but not boil. Cook for three hours in this manner. Pour off the water, and add one gill of cream or rich milk to the fish. Draw the saucepans forward where the water in the outer pan will boil. Mix a level teaspoonful of flour with two table-spoonfuls of cold milk, and stir into the fish and milk. Cook for fifteen minutes, and then add one teaspoonful of butter. Serve this with a baked potato or with toast.

* Broiled Salt Codfish.

Take a piece of thick salt fish about two inches square; wash it, and let it soak in water for twenty minutes. Then wipe it, and boil for ten minutes. Spread half a teaspoonful of butter over this, and serve with a baked potato or slice of water toast.

These two simple dishes of fish are to all invalids very welcome occasionally. The broiled salt fish, without butter, if served with a small piece of toasted pilot bread, or any kind of water cracker toasted, will often cure nausea.

* Oyster Stew.

Use half a pint of oysters, half a pint of milk, one teaspoonful of butter, a little salt, and, if the patient can bear it, a little pepper.

Drain the liquor from the oysters, and put it into a saucepan and on the fire. When it boils, skim it carefully. Heat the milk to the boiling-point, in a second saucepan. When the oyster liquor has been skimmed, add it and the oysters and butter to the milk. Season, and boil up once. Serve immediately.

* Oyster Roast.

Heat half a pint of oysters to the boiling-point in their own liquor. Skim them, and then add one generous teaspoonful of butter and enough salt and pepper to season them properly. Pour the oysters and liquor over a slice of toast, and serve at once.

* Oysters Roasted in the Shell.

Wash half a dozen or more oyster shells. Put them into an old pan, and put the pan into a hot oven. As soon as the shells begin to open, take them from the oven. Take the oysters from the shell, and put them into a small warm dish. Season with salt, pepper, and a little butter, and serve at once, with a thin strip of toast.

* Steamed Oysters.

Put half a dozen large oysters in a saucer. Place the saucer in a steamer and over a kettle of boiling water. Cook for about five minutes. Season with salt, pepper, and butter, and serve on a warm dish, with a toasted cracker.

* Beef Tea.

Put in a large-mouthed bottle one pound of beef, free of fat, and chopped fine. Add to it half a pint of cold water. Let it stand for an hour. At the end of that time place the bottle in a saucepan of cold water. Place the pan on the fire, and heat the water slowly almost to the boiling-point, but do not let it boil. Cook the beef for two hours; then strain, and season with salt.

The thick sediment which falls to the bottom when the tea stands awhile is the most nutritious part, yet many people serve only the clearer and poorer part to the patient. It is to keep this sediment (the albuminoids) in a soft digestible condition, that care is taken not to let the water which surrounds the bottle boil. Great heat hardens the albuminoids.

If a patient takes a great deal of beef tea, the flavor may be changed occasionally by putting a piece of stick cinnamon about an inch square into the bottle with the meat and water.

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* Put into a bowl a pound of beef, free of fat, and chopped fine. Add half a pint of cold water, and stir well. Place the bowl in the refrigerator for four hours. When the tea is to be given to the patient, strain into a saucepan as much as will be required. Season it with salt, and place the saucepan on the fire. Stir constantly until the tea is hot, but do not let it boil.

This tea has a peculiarly bright flavor, and affords a pleasant change from that made by long steeping in hot water.

* Beef Extract.

Chop lean beef very fine, and put it in a wide-mouthed bottle. Place the bottle in a saucepan of cold water. Heat very slowly, and keep near the boiling-point for four hours. Pour off the juice, pressing the meat to extract every particle of juice. Season slightly with salt.

* Frozen Beef Tea.

Put a small pail in a wooden bucket, and surround it with salt and crushed ice. See that there is no salt in the pail. Put cold beef tea in the pail, and let it stand for about ten minutes. At the end of that time take the cover off the pail, and scrape the congealed beef tea from the sides. Beat well, and then put back the cover. Do this two or three times, and the tea will be frozen smooth.

This is for patients who must have all their food cold.

* Beef Juice.

Put a piece of round steak about an inch thick into the double-broiler, and cook the same as beefsteak, except that this is to be cooked for only seven minutes. Cut it into small pieces, and, putting these in a lemon-squeezer, press the juice into a small warm dish. The Dean lemon-squeezer (illustrated on page 53) is particularly nice for this work. The squeezer should be heated before the meat is put into it.

Presses come for this purpose, and with their aid the work can be done quickly and well.

* Mutton Juice.

Cut a thick slice from a leg of mutton, and cut off all the fat. Broil the meat, and treat the same as when preparing beef juice.

The dish gravy from a roast of beef or mutton can be used for a patient instead of broiling meat especially to get juice. Care must be taken that there is no fat mingled with it.

* Sippets.

Toast one slice of bread a delicate brown. Cut it into narrow strips, and arrange on a warm plate. Season warm beef or mutton juice with salt, and pour it over the strips of toast. Serve at once.

* Clam Broth.

Get the clams in the shells. Wash them carefully in several waters. Put ten or a dozen clams in a stew-pan, and add half a pint of boiling water. Place on the fire, and boil for fifteen minutes. Strain the liquor through a fine sieve. Taste, to be sure there is salt enough. If, on the other hand, the broth is too salty, dilute it with boiling water. This is a stimulating and nutritious drink.

* Mutton Broth.

This is made of a quarter of a pound of the scraggy part of a neck of mutton. Cut off all the fat, and cut the meat into cubes. Add to the meat a table-spoonful of barley and a pint of cold water. Heat the broth slowly to the boiling-point, and skim carefully. Set back where it will simmer. Put the bones into half a pint of cold water, and boil gently for half an hour; then strain the liquor on the meat and barley, and cook the broth for two hours more. Season well with salt.

The barley may be omitted.

* Chicken Broth.

Free half of a young fowl of skin and fat. Wash it, and cut it into small pieces. Put it in a stew-pan with one quart of cold water. Place on the fire, and heat slowly to the boiling-point; then skim carefully, and set back where it will simmer for three hours. Season with salt, and strain the broth.

If the patient can take tapioca, sago, or rice, add a table-spoonful of one of these articles to the broth when it has been cooking for one hour.

* Cream-of-Rice Soup.

Use half a pint of chicken stock, half a pint of cream, two table-spoonfuls of rice, and about a saltspoonful of salt.

Wash the rice, and put it in a small stew-pan with the stock. Cover closely, and put on the back part of the range, where it will hardly bubble. Cook the mixture for two hours, and at the end of that time rub it through a fine sieve. Return it to the stew-pan, and add the cream and salt. Place on the fire, and stir until it begins to boil. Serve at once.

If the patient can bear it, a few drops of onion juice and a tiny piece of celery may be added to the stock and rice when they have been cooking for an hour and a half.

Any good stock may be substituted for the chicken stock.

Chicken Jelly.

Clean a fowl that is about a year old, and remove the skin and fat. Disjoint the fowl, and put it into a stew-pan with two quarts of cold water. Heat slowly, and skim often and carefully. Simmer for six hours; then add one generous teaspoonful of salt, and strain through a napkin. Set away to cool. When cold, skim off the fat. The jelly is usually served cold, but may be heated and served like soup.

Charlotte Cushman's Jelly.

Use a shin of beef weighing seven pounds (have the butcher break it into small pieces), four calves' feet, one gallon of water, one table-spoonful of salt, twenty pepper-corns, three cloves, a stick of cinnamon, and the whites of two eggs.

Wash the calves' feet and shin of beef carefully. Put the meat and water into a large stew-pan. Heat slowly to the boiling-point, skimming carefully and frequently in the first half-hour. Boil gently for eight hours; then strain through a fine sieve, and set away to cool. When cold, skim off the fat, and put the jelly into a stew-pan with the seasonings. Beat the whites of the eggs rather light, and add to them half a cupful of cold water. Beat well, and add to the contents of the stew-pan. Place the stew-pan on the fire, and stir the mixture frequently until it gets warm. Keep the pan on the hot part of the stove until the contents begin to bubble; then draw it back immediately to a place where the jelly will keep heated to the boiling-point for half an hour. When this time has passed, strain the jelly through a napkin, and pour it into tumblers. Cool, cover, and set away in a cold place. It may be given to the patient cold, or be heated and served like soup.

Heat a tumbler of this jelly; add to it one tablespoonful of lemon juice, one gill of port, and a generous half-gill of sugar; cool this liquid in little moulds, and you have port wine jelly, which is very nutritious. Any other kind of wine may be used, or, for a change, use fruit juice instead of wine.

* Macaroni Soup.

Boil two sticks of macaroni in one pint of water for half an hour. Drain it, and cut it into pieces half an inch long. Put these in a small saucepan with one tumbler of Charlotte Cushman jelly, and place on the fire to heat. A teaspoonful of onion juice may be added if the patient can bear it.

Rice, tapioca, sago, or barley may be cooked and added in this way to the jelly.

* Rice Porridge.

Wash one table-spoonful of rice, and put it into a stew-pan with a scant pint and a half of water, Boil for fifteen minutes. Mix four table-spoonfuls of milk with one of flour. Add this and half a pint of milk to the rice, and cook for twenty minutes longer. Season with salt, — about a level teaspoonful.

* Cracker Gruel.

Four table-spoonfuls of powdered cracker, a scant half-pint of boiling water, half a pint of milk, and half a tea-spoonful of salt are used to make this gruel. Pour the boiling water on the crackers. Add the milk and salt, and stir the mixture until it boils up once.

* Graham Gruel.

Put a pint of boiling water into a saucepan, and place on the fire. Mix four table-spoonfuls of cold water with one of graham meal, and stir into the boiling water. Cook for half an hour. When the mixture has been simmering for twenty minutes, add a scant half-teaspoonful of salt. Pour a gill of this gruel into a cup, and add half a gill of cream or milk. Serve hot.

* Indian Meal Gruel.

Put one quart of boiling water into a stew-pan, and place on the fire. Put into a bowl two table-spoonfuls of Indian meal and one of flour. Add a gill of cold water, and mix well. Stir this into the boiling water. Stir the mixture well, and when it boils, set the stew-pan back where the gruel will simmer for two hours. Add half a teaspoonful of salt, and cook for half an hour longer. Pour a gill of the gruel into a cup, and add half a gill of cream or milk. Serve at once.

* Oatmeal Gruel.

Put a quart of boiling water into a stew-pan, and place on the fire. Sprinkle one generous table-spoonful of oatmeal into the water. Stir the gruel well, and set it back where it will simmer for two hours. Season with a scant half-teaspoonful of salt. Strain or not, as may be best for the patient. In any case put one gill of the hot gruel into a delicate cup, and add half a gill of cream or milk.

* Flour Gruel.

After putting one pint of milk into the double-boiler and placing it on the fire, mix a gill of cold milk with one table-spoonful of flour, and stir into the boiling milk. Cook for twenty minutes. Season with a scant half-teaspoonful of salt ; then strain, and serve hot.

When this gruel is desired more nutritious, add half a cupful of raisins to the milk when it is put on to boil. A slight grating of nutmeg may be added if the patient desires.

* Arrowroot Gruel.

Mix one teaspoonful of arrowroot with two table-spoonfuls of milk. Stir this mixture into half a pint of boiling milk. Cook for ten minutes, stirring frequently. Add half a saltspoonful of salt, and strain the gruel.

* Caudle.

Add half a gill of wine to any kind of plain gruel, such as that made of flour, cracker, or arrowroot. The wine must be added after the gruel is taken from the fire. Stir it gradually into the hot gruel, and serve at once.

* Wine Whey.

Put half a pint of sweet milk into the double-boiler. When it boils, add a gill of sherry. Stir well, and let it cook until the curd and whey separate. If the wine be quite sour, the milk will separate at once; sometimes it is so sweet that an extra quantity is required to curdle the milk. If there be any objection to the use of more wine in a case like this, add a teaspoonful of vinegar. Pour the liquid through a fine strainer.

* Buttermilk or Sour Milk Whey.

Put one cupful of sweet milk into the double-boiler, and place on the stove. When it boils, add one cupful of buttermilk or sour milk. Stir for a minute. When the clear whey separates from the milk, strain it.

* Vinegar Whey.

Stir two table-spoonfuls of vinegar into half a pint of hot milk, and cook until the clear whey separates from the milk; then strain.

If the vinegar be very strong, one table-spoonful will be enough.

* Cream-of-Tartar Whey.

Put one cupful of sweet milk in the double-boiler. When it boils, add one level teaspoonful of cream-of-tartar, and stir until the mixture forms a curd and whey. Strain this, and cool the whey. This is a refreshing drink for a fever patient.

* Lemon Whey.

Put two table-spoonfuls of lemon juice with half a pint of hot milk. Cook until the clear whey separates from the curd. Strain, and add one teaspoonful of sugar.

* Tamarind Water.

Put two table-spoonfuls of preserved tamarind in a bowl. Pour three gills of boiling water on the preserve. Stir well, and let the liquid stand for ten minutes. Strain and cool.

* Currant Water.

When currant juice is at hand, use three table-spoonfuls to half a glass of water. Sweeten slightly. A teaspoonful of currant jelly dissolved in half a glass of water makes a refreshing drink.

* Barley Water.

Wash two table-spoonfuls of pearl barley, and put it into a saucepan with one pint and a half of cold water. Simmer for two hours. Strain the water, and if it is to be used without sweetening or flavor, add a grain of salt.

A few lumps of sugar may be rubbed on the skin of a lemon. If rubbed hard enough, they will break the oil cells, the sugar absorbing the oil. Add this sugar to the barley water, or flavor with the lemon juice and some sugar.

* Rice Water.

Wash four table-spoonfuls of rice, and put it into a saucepan with a pint and a half of cold water. Place on the fire, and cook for half an hour. Season the liquid with half a teaspoonful of salt; then let it cool.

Another way is to use only half as much water. When the rice has been cooking for half an hour, add three gills of milk. Heat this to the boiling-point; then strain. This is good in case of bowel trouble.

* Apple Water.

Bake two large tart apples until they are tender all through. Sprinkle one table-spoonful of sugar over them, and, returning them to the oven, cook them until the sugar has browned slightly. Place the apples in a bowl, and break them with a spoon. Pour a generous pint of boiling water on them, and let them stand for an hour. Strain and cool the liquid.

* Toast Water.

Toast slices of stale bread very slowly until they are dry and slightly brown all through. Now hold the toast near the fire until it is a rich brown. Break the toast into small pieces, and put half a pint of it into a pitcher. Pour over it a pint and a half of boiling water. Let the mixture stand for ten minutes; then strain. Cool the water before giving it to the patient.

A word of caution: Do not use a particle of the bread that is not thoroughly browned; it will spoil the flavor of the water.

* Crust Coffee.

Toast the crusts of graham or white bread until a very dark brown. Break them into small pieces. Put half a pint of the broken crusts into a pitcher, and pour a pint and a half of boiling water over them. Cover the pitcher, and let it stand for ten minutes; then strain the contents.

This drink is given to the patient cold or hot. Sometimes a little milk or cream is added to it.

* Flaxseed Lemonade.

Put two table-spoonfuls of flaxseed in a bowl or pitcher, and pour over it one pint of boiling water. Steep, for three hours, in a warm place. At the end of that time strain the liquid, and add to it the juice of one lemon and two table-spoonfuls of sugar. More sugar may be used if liked.

This drink is soothing for colds. Should the lemonade be too thick, add a little more water to it.

Mulled Wine.

Put into a bowl one inch of stick cinnamon, three whole cloves, a slight grating of nutmeg, and half a cupful of water. Cover the bowl, and, placing it in a saucepan of boiling water, cook the contents for ten minutes. Put one cupful of port or claret and two table-spoonfuls of sugar with this at the end of ten minutes. Cover the bowl again, and continue boiling the water in the stewpan until the wine becomes hot, which will be in about eight minutes. Strain, and give to the patient at once. Or beat the white of an egg to a stiff froth, and then beat the yolk into it. Pour the mulled wine on this, and beat well.

Mulled wine is excellent when the patient requires a warm stimulating drink. It is particularly valuable for a patient that has been chilled.

* Egg Tea.

Beat the white of an egg to a stiff froth. Beat into this a scant table-spoonful of sugar and the yolk of the egg. Gradually add half a cupful of hot water or hot milk, beating all the time the hot liquid is poured. A little nutmeg, if liked, may be added.

* Egg Nog.

Beat the white of an egg to a stiff, dry froth. Beat into this one table-spoonful of sugar. Next beat in the yolk of the egg and a table-spoonful of brandy. Add a gill and a half of sweet milk and a slight grating of nutmeg. Pour into a tumbler, and serve at once.

A table-spoonful of rum or wine may be substituted for the brandy.

* Milk Punch.

Put into a bowl three gills of sweet milk, two table-spoonfuls of sugar, and two of rum, brandy, or whiskey. Stir well. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothed, pour it into a tumbler and serve it to the patient.

* Lemon Moss. — A Drink for the Lungs.

Put one teaspoonful of sea-moss farina in a bowl. Gradually pour on it half a pint of boiling water, stirring all the time. Steep for half an hour. Add two table-spoonfuls of lemon juice, a generous table-spoonful of sugar, and a grain of salt. Strain, and use hot or cold.

* Koumiss.

In making koumiss there will be required strong bottles (either champagne or beer bottles are strong enough), pure, sweet milk, and good yeast (either brewer's or home-made). If it be inconvenient to obtain liquid yeast, compressed yeast will do.

Put nearly a quart of milk into a quart bottle. Put one table-spoonful of sugar and one of water into a small saucepan, and place on the fire. Boil for one minute. Add this syrup and a table-spoonful of yeast to the milk in the bottle. Shake well, and after filling up the bottle with milk, shake again.

Have ready a fresh cork that has been soaked in hot water for an hour or more. Press it into the bottle, and tie down with strong twine. Place the bottle in the refrigerator, and let it stand for three or four days. Draw off the contents through a champagne tap. If there be no tap, remove the cork very carefully, because the koumiss is effervescent.

Should there be any curdled particles in the bottle of koumiss do not give the drink to the patient. It can be used instead in cooking wherever sour milk would be used.

If compressed yeast be employed in making koumiss, use about one-fifth of a cake, and dissolve it thoroughly in a table-spoonful of water.

This drink will keep for months if the bottles be placed on their sides in a dark, cool cellar or in the refrigerator.

* Cream Toast.

Put a gill and a half of cream into a saucepan, and place on the fire to heat, but do not let it boil. Toast two slices of bread, and cut them in strips. Stir half a saltspoonful of salt into the hot cream, and lay the strips of toast in the cream for two minutes. Place them in a warm dish, and serve.

* Milk Toast.

Toast two slices of bread a delicate brown. Put one gill of milk on the fire in a small saucepan. Mix one teaspoonful of flour with half a gill of cold milk. Stir this into the boiling milk, and simmer for ten minutes. Add half a saltspoonful of salt and a teaspoonful of butter.

Cut the toast into six strips. Put these strips into the prepared milk. Let them stand for two minutes; then lay them in a small dish or a pretty saucer, pour the cream over them, and serve at once.

* Water Toast.

Toast two slices of bread a rich brown. Put one cupful of boiling water and a teaspoonful of salt in a soup-plate. Dip the slices of bread into the liquid, removing them at once. Spread lightly with butter, and serve immediately.

* Graham Wafers.

Use a cupful of graham meal, one cupful and a third of boiling water, and half a teaspoonful of salt. Mix the meal and salt, and gradually pour the boiling water on the mixture. Beat thoroughly, and cool. Butter slightly the bottoms of two or more baking-pans. Spread the mixture, as thin as possible, in the pans, and bake in a moderate oven until brown.

* Tapioca Pudding.

Soak one-fourth of a cupful of tapioca in half a cupful of cold water for five hours. Add half a cupful of cold milk and about one-third of a saltspoonful of salt. Cook for half an hour. Serve with sugar and cream.

* Tapioca Jelly.

Soak one-fourth of a cupful of tapioca in half a cupful of cold water for five hours. Add a cupful of boiling water, and cook until the liquid is perfectly clear; then add a very small quantity of salt, a teaspoonful of lemon juice, and a generous table-spoonful of sugar. Turn into a mould, and set away to harden.

Sugar and cream may be served with this jelly.

* Exotique Jelly.

Sprinkle two table-spoonfuls of "Tapioca Exotique" into half a pint of boiling water. Cook for five minutes, stirring all the time. Now add two table-spoonfuls of sugar and two table-spoonfuls of lemon juice. Wet two small cups with cold water, and pour the jelly into them. Set away to cool.

Orange, currant, strawberry, or raspberry juice may be substituted for lemon juice.

* Exotique Pudding.

Put half a pint of milk in a stew-pan, and place on the fire where it will heat slowly. When the milk begins to boil, sprinkle into it two table-spoonfuls of "Tapioca Exotique," stirring all the while. Stir until the pudding is smooth; then add half a saltspoonful of salt, and beat well. Cook five minutes longer, and serve with sugar and cream.

* Blanc-mange.

Reserve four table-spoonfuls from half a pint of milk, and heat the remainder to the boiling-point. Mix the cold milk with a table-spoonful of arrowroot, and stir the mixture into the boiling milk. Add a small quantity of salt, and cook for fifteen minutes; then add a table-spoonful of sugar, and enough lemon extract or wine to suit your taste. Turn into a mould, and set away to harden. Serve with cream and sugar.

Restorative Jelly.

Use half a box of gelatine, one table-spoonful of granulated gum-arabic, three table-spoonfuls of sugar, two table-spoonfuls of lemon juice, two cloves, and half a pint of port. Soak all the ingredients in a bowl for two hours. At the end of that time place the bowl in a saucepan of boiling water, and cook, stirring frequently, until all the ingredients are dissolved. Strain, and set away to harden.

The bowl must be kept covered all the time the jelly is soaking and cooking.

This jelly is to be used when the patient finds it difficult to swallow either liquid or solid food. A small piece of it, placed in the mouth, melts slowly, and is swallowed unconsciously.

The sugar may be omitted, and a gill of port and a gill of beef juice be used, the beef juice to be added when the jelly is taken from the fire. Any kind of stimulant may be used instead of port.

* Soft Custard.

Use half a pint of milk, one egg, one generous teaspoonful of sugar, and one-fourth of a teaspoonful of arrowroot.

Mix the arrowroot with one table-spoonful of cold milk. Put the remainder of the milk in a small saucepan, which should be placed in another pan and surrounded with hot water. Place on the fire. When the milk boils, stir in the arrowroot, and cook for five minutes; then add the sugar and egg, beaten well together. Stir for two minutes. Add the salt, and take the pan from the fire. Flavor the custard to suit the taste. A few drops of any kind of extract may be used; or a teaspoonful of chocolate, dissolved in a table-spoonful of hot milk will give a pleasant flavor. If coffee be liked, use a teaspoonful of strong coffee.

Two eggs may be used for this custard. In that case omit the arrowroot, and add two table-spoonfuls of cold milk to the beaten eggs and sugar before adding the hot milk.

Ice-cream.

For a quart of ice-cream use half a pint of milk, one pint of cream (not too rich), a scant half-cupful of sugar, one teaspoonful of arrowroot, and flavor to suit the taste.

Mix the arrowroot with two table-spoonfuls of cold milk. Put the rest of the milk into the double-boiler, and place on the fire. When it boils, stir the arrowroot into it, and cook for ten minutes. Add the sugar, and set away to cool. When cold, add the cream and flavor. If lemon, orange, or vanilla extract be used, half a teaspoonful will give the right flavor; or one table-spoonful of chocolate, dissolved in the boiling milk, will give a good flavor.

Pack a small tin pail in salt and ice, using three cupfuls of salt and as much ice as may be needed for packing the pail firmly. Wipe the inside of the pail, to be sure that no salt shall be in it. Put the cream into the pail, and let it stand for about ten or fifteen minutes. At the end of that time take off the cover and scrape the congealed cream from the sides. Beat well, and put the cover back. Do this every five minutes until the cream is smooth and thick; then cover the pail, and let it stand until the patient wants the cream.

This ice-cream will keep for twelve hours in cool weather, without repacking. In hot weather the water will have to be drawn off, and more salt and ice added. If a small freezer be at hand, the work will be much easier than if a pail be used.

The amount of sugar given is less than is used for ice-cream when made for the table, and yet may be too much for some patients.

Orange Sherbet.

Mix together two gills of orange juice, two tablespoonfuls of lemon juice, one gill and a half of sugar, and one pint of cold water. Strain, and freeze the same as ice-cream.

Lemon Sherbet.

Mix one gill of lemon juice, a gill and a half of sugar, and one pint of water. Strain and freeze.

Any kind of fruit juice may be sweetened, diluted with water, and frozen.

* Oatmeal Mush.

Put one cupful of boiling water into a small stew-pan. Stir into it one-fourth of a cupful of oatmeal, sprinkling in a little at a time. Add one-fourth of a teaspoonful of salt. Stir three times in the first ten minutes that the mush is cooking; then put the stew-pan back where the mush will just bubble for two hours. Serve with cream or milk.

If the steamed oatmeal be used, half an hour's cooking will be sufficient.

The mush must not be stirred after the first ten minutes.

* Burnt Brandy.

In giving brandy to a patient it is sometimes necessary to mellow it, and eliminate the greater part of the alcohol. This is done by burning the liquor. Put the brandy in a warm deep plate, and place on top of the stove for a few minutes. Light a match, and when the sulphur has burned off, touch the match to the warm brandy, which will blaze until the alcohol is exhausted.

A Simple Cure for Indigestion and Constipation.

After each meal slowly masticate three pinches of wheat bran. This is a very effective remedy if faithfully tried.

WHAT ALL HOUSEKEEPERS SHOULD KNOW.

Equivalents of Weights in Measure.

One rounded table-spoonful of butter	One ounce.
One rounded table-spoonful of granulated sugar	One ounce.
One heaping table-spoonful of powdered sugar	One ounce.
Two rounded table-spoonfuls of flour	One ounce.
Two rounded table-spoonfuls of ground spice	One ounce.
Five medium-sized nutmegs	One ounce.
One quart of sifted pastry flour	One pound.
One quart of sifted new-process flour, less one gill	One pound.
One pint of granulated sugar	One pound.
One pint of butter	One pound.
One pint of ordinary liquid	One pound.
One solid pint of chopped meat	One pound.
One cupful of rice	Half a pound.
One cupful of Indian meal	Six ounces.
One cupful of stemmed raisins	Six ounces.
One cupful of cleaned and dried English currants	Six ounces.
One cupful of grated bread crumbs	Two ounces.

How to Measure Fractions of a Cupful.

When dividing a receipt in order to make a small quantity of something, it is frequently difficult to learn the fractional parts of a cupful. In such cases the following table will be helpful. The cup used is supposed to hold half a pint.

Eight rounding table-spoonfuls of flour	One cupful.
Eight rounding table-spoonfuls of sugar	One cupful.
Eight rounding table-spoonfuls of butter	One cupful.

Sixteen table-spoonfuls of liquid	One cupful.
Two gills	One cupful.
A common tumblerful	One cupful.

Points about the Use of the Oven.

Almost every oven has some peculiarity which the cook must understand before she will be sure of results. The question is often asked, "Where should the baking be done, on the bottom of the oven or on the grate?" The answer is, that it depends wholly upon the oven. In a set range, where the ovens are on each side of the fire, it will generally be found that the baking should be done on the bottom of the oven. Where the ovens are above the fire, most of the baking must be done on a grate that is raised several inches from the bottom of the oven. In portable ranges and stoves the baking is nearly always done on the bottom of the oven.

In baking bread or rolls, put a saucepan of boiling water into the oven. The steam will keep the crust smooth and tender.

Much of the heavy cake and bread is the result of the oven door being banged when closed. Close the door as gently as possible. Nearly every one opens it gently enough.

Good Tests of Oven Heat when Baking.

By using the following tests one may be reasonably sure of getting the proper heat for the various kinds of baking: —

For sponge cake and pound cake have heat that will in five minutes turn a piece of white paper light yellow.

For all other kinds of cup cake use an oven that will in five minutes turn a piece of white paper dark yellow.

For bread and pastry have an oven that will in five minutes turn a piece of paper dark brown.

When the oven is too hot at first, a crust forms on the bread or cake, which prevents its rising. It is better, when baking bread and cake, to have the oven a little slow at first, and increase the heat in a little while.

In baking puff paste the heat should be great at first and decreased later. This is to keep the paste in shape.

When the oven is too hot, the temperature may be reduced by putting a pan of cold water in the oven.

When baking in an oven that is too hot at the top, fill with cold water a dripping-pan about an inch deep, and place it on the top grate of the oven. On the contrary, should the oven be too hot on the bottom, put a grate under the article that is to be baked.

Biscuit made with an acid and an alkali, such as baking-powder, soda, and cream-of-tartar, or soda and sour milk, should be baked in a very hot oven. The hotter it can be, and yet not burn the biscuit, the better. An oven that will color a piece of white paper dark brown in one minute will be none too hot for this kind of biscuit.

Muffins that contain no substance for making them light, except the air that is beaten into them, should have an oven nearly as hot as for cream-of-tartar biscuit. Muffins that are made with soda and cream-of-tartar, baking-powder, or some other acid and alkali, should be baked in an oven that will color a piece of white paper dark brown in four minutes.

How to Make a Paste or Batter of Flour and a Liquid.

One of the things commonly done wrong is the mixing of flour and a liquid when a thin batter or paste is desired. It may seem to be a small matter, but in the aggregate it causes a world of trouble and unnecessary labor in the kitchen. If this simple rule be followed, the mixture will always be smooth and free of lumps: —

Measure the flour, and add to it an equal measure of liquid. Stir together until smooth; then gradually add a part of the liquid until the mixture is thin enough.

In making a thickening for soups or sauces there should be four or five times as much liquid as there is flour.

The Way to Add Thickening to a Boiling Liquid.

If a thickening made of flour or any kind of starch and a cold liquid be poured, without stirring, into the hot liquid, it falls to the bottom of the dish, and some of it cooks in lumps before the liquid is stirred. Sauces and soups frequently are spoiled in this manner by being made too thin and lumpy. To add thickening properly, hold the bowl which contains the thickening mixture in the left hand. Put a long-handled spoon in the boiling liquid, and begin to stir from the bottom; then gradually pour in the thickening, stirring all the while. This will give a smooth sauce or soup.

If the liquid is to be thickened with flour and butter, the treatment is different. Beat the butter to a cream, and then beat in the flour. If there be twice as much butter as flour, stir it all in at once, and continue stirring until it is all dissolved; but if there be more flour than butter, gradually pour on this enough boiling liquid to make a very thin substance. Stir this into the remainder of the liquid.

When yolks of eggs are used for thickening a soup or sauce, beat them well; then add a gill of cold liquid to every two yolks. Stir it into the hot liquid, and stir all the time the dish is on the fire, which should never be more than a minute.

About Stirring and Beating.

Many dishes are spoiled because the difference between stirring and beating is not understood.

In stirring, the object is to combine the ingredients, or to make a substance smooth. The spoon is kept rather close to the bottom and sides of the bowl or saucepan, and is worked round and round in the mixture until the object is attained.

Beating is employed for two purposes: first, to break up a substance, as in beating eggs for breading or for custards; second, for making a substance light by imprisoning air in it. This is the case when we beat the whites of eggs, batters, cake, etc. The movement is very different from stirring. The spoon or whisk at every stroke is partially lifted from the bowl, and brings with it a portion of the materials that are being beaten, which carries air with it in falling back. It is not the number of strokes that makes substances light, but rather the vigor and rapidity with which the beating is done. This is the reason why so many people can say that they have better luck in making cake when they are in a hurry. It is not "luck," but the sure result of beating so rapidly that a large amount of air is imprisoned in the eggs and the batter. This air expands in the heat, and, everything else being favorable, a light cake or muffin is the result.

So essential is air to all forms of bread, cake, pastry, and many kinds of dessert, that every cook should learn how to beat in the easiest and most effectual manner.

When using a spoon or whisk for beating, take long upward strokes, the more rapid the better. The spoon should touch the bottom of the bowl each time, and the motion must be regular.

Another way to beat is to use a circular motion. In this case the side of the spoon is kept close to the side of the bowl. The spoon is moved rapidly in a circle, carrying with it a portion of the ingredients. This kind of beating can be applied only to a rather thick mixture. It is the best method for beating butter and sugar to a cream.

How to Cream Butter.

If the butter be firm, the inside of the bowl in which it is to be creamed must be warmed. Measure the butter. Pour hot water into the bowl, and let it stand for about one minute; then pour it out, and wipe the bowl. Put in the butter, and cut it into small pieces. Work it on the bottom of the bowl until it becomes soft; then beat it until it is light and smooth by rapidly moving the spoon in a circle. In about two minutes it will be a light, creamy mass, and be ready for the addition of any other ingredient, as sugar or flour. If sugar is to be added, beat in only a little at a time. The work can be done more quickly and with less outlay of strength than if all the sugar were added at once.

Caution. — Do not let the hot water stand long enough in the bowl for the outside to get heated. The object is to heat it only enough to soften the butter so that the latter can be beaten to a cream. It should never be so hot as to melt the butter. If the work be properly done, the bowl will be cool by the time the butter is soft.

Butter should be prepared in this manner for cake and pudding sauces.

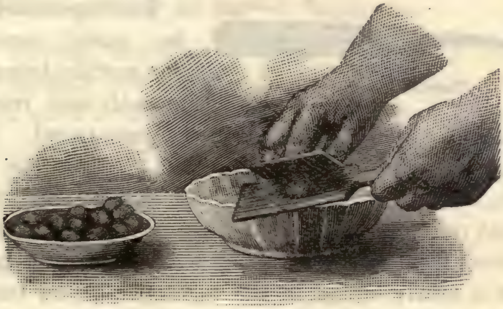
How to Wash Butter for Greasing Pans.

Rinse a bowl in boiling water, and then in cold water. Put a piece of butter into the bowl, and after covering it with cold water, work it with a spoon or with the hands until all the salt has been washed out. Pour off the water, and press out any particles that may remain in the butter. Use this butter for buttering cake and bread pans.

How to Use Butter-hands.

Butter-hands are small grooved wooden paddles. The grooves may be coarse or fine; the fine ones make the prettiest forms. An illustration is given on page 53.

Let the hands stand in boiling water for five minutes. Next put them in cold water for five minutes or longer; they must be perfectly cold when used. Have a large bowl half full of cold water; in hot weather have a little ice in the water. Cut some firm butter into pieces about the size of a hickory nut. Roll these pieces between the butter-hands into any shape you please. They may be made into grooved balls, little pineapples, scrolls, etc. Dip the hands frequently into the ice-water. Lay the pats on a large dish, and when all are done put them in the refrigerator.

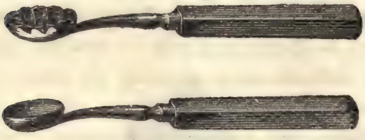


Method of Using Butter-hands.

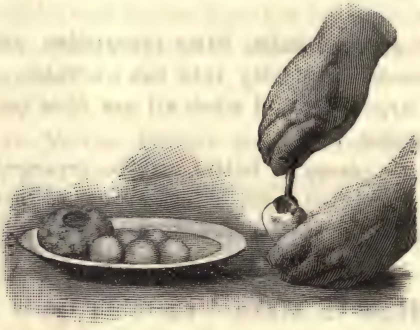
These little pieces of butter may be arranged on a flat dish, and garnished with a few sprigs of parsley. In hot weather they may be served on a bed of broken ice.

How to Make Vegetable Balls.

Much of the beauty of a dish served à la jardinière depends upon the manner in which the vegetables are cut. They may be cut into dice, and a good effect be produced if the cutting be regular. Little vegetable-scoops and fluted knives make it possible to produce very attractive forms and combinations. The scoops come in several sizes, and balls can be made from the size of a large pea to that of a hickory nut. The large scoops are chiefly used for potato balls when the balls are to be served alone, either boiled, fried, or sautéd. The small scoops are for all kinds of vegetables when they are used as a garnish in soups and entrées.


Vegetable-scoops.

The vegetables must be pared carefully, the surface being kept smooth and rounded. Put them in cold water as fast as they are pared. When all are ready, begin making the balls. Take the vegetable in the left hand, and the scoop in the right. Select the most rounding part of the vegetable, and press the scoop into it. Work the scoop with a twisting motion until it is nearly buried in the vegetable. Now turn the scoop to the right, and then to the left, and the piece of vegetable will come out perfectly round. Drop the balls in a bowl of cold water. When all the pieces possible have been taken from the vegetable, drop what remains in cold water, — it can be used for stews or soups, or it may be boiled and mashed.


How to Make Vegetable Balls.

How and When to Serve Olives.

The most attractive way to serve olives is to drain them, and then place them on a bed of broken ice in a small fancy dish. Olives are served at luncheons, dinners, and suppers. They are usually placed on the table at the beginning of the meal, and remain to the end.

How to Serve Sardines.

For serving sardines small covered dishes come in pretty designs and various qualities of china; but if one lack such dishes, any small fancy dishes will answer the purpose. Drain the oil from the fish, and place them in the dish. Cover them with fresh olive oil or not, as you please. Tastes differ as to serving them with or without the fresh oil. Place a dish of quartered lemons near the sardines.

How to Butter and Roll Bread.

Cut off all the crust of a loaf of fresh bread. Spread a thin layer of butter on one end of the loaf. Cut off this buttered end in as thin a slice as possible. Roll up this slice, having the buttered side inward, and lay it on a napkin. Continue buttering and making the rolls until nearly all the loaf has been used. Draw the napkin firmly around the rolled bread, and pin it. Put it in a cold place for several hours. Rolled bread is nice to serve with raw oysters, or at a supper or a luncheon party.

How to Make and Bake a Méringue.

Méringues are used constantly on pies, puddings, and various dishes for dessert, and yet not one cook in a hundred is ever sure of the result.

Beat the whites of the eggs to a stiff, dry froth. Take out the beater, and with a silver spoon beat in powdered sugar. Sprinkle a small quantity of sugar on the egg, and beat it in with the spoon, taking long upward strokes. Continue this until all the sugar has been beaten in; then add the flavor, if there be any. This also must be beaten in. When done, the méringue should be light, firm, and comparatively dry. Use one table-spoonful of sugar to each white of an egg.

Always bake a méringue in a cool oven. If it be cooked for twenty minutes with the oven door open, it will be firm and fine-grained. Let it cool rather slowly. If a sugary crust be liked, sift powdered sugar over it before it is placed in the oven. Should the méringue be not brown enough at the end of twenty minutes, close the oven door for a few minutes. Watch carefully to prevent it from cooking too much.

The principal causes of failure are, that the sugar is stirred into the white of the egg, which results in a heavy watery mixture, or that the méringue is baked in a hot oven. Too great heat causes the méringue to rise and then fall, making it tough and thin.

How to Grate Bread Crumbs.

These crumbs are used in making dressing for poultry, and with all escaloped dishes. The bread should be stale, but not dry. Baker's or home-made bread may be used. A five-cent loaf of baker's bread will make about two quarts of crumbs.

Cut the loaf in the middle, lengthwise. Cut these two pieces in halves, thus getting four pieces with one side crust and the other crumb. Hold a coarse grater over a large platter. Grate the bread on this, having the crumb side on the grater. Use very little pressure until nearing the crust, when a good deal of pressure will be required. The brown crust which cannot be grated should be dried, pounded, and sifted.

If in grating the crumb side of the loaf much pressure be used, the crumbs will be coarse and heavy. By rubbing lightly on the grater, quite fresh bread may be grated very satisfactorily. Remember that grated crumbs are used for escaloped dishes and dressing, and dried crumbs for breading.

How to Dry Bread Crumbs.

All the crusts and pieces of yeast bread should be saved. Do not wait for a large quantity to accumulate. The bread-box should be wiped out every morning, and all pieces not intended for the table or other purposes should be spread in a pan, and the pan be placed in a warm oven or on a shelf over the range. When they become so dry that they will crumble between the fingers, put them into a bag made of strong cloth or ticking. With a wooden mallet, pound the bread until it is reduced to fine crumbs. Sift these crumbs, and put them away in boxes or glass jars. They will always be ready for breading purposes. It is only a little work to do this in leisure moments.

How to Fry Crumbs.

Fried crumbs are used with small and large birds and with some kinds of soup. To prepare them, dry pieces of bread until they will crumble between the fingers. Place the bread on a board, and crush lightly with a rolling-pin. Most of the crumbs should be so coarse that they will not pass through a flour-sieve. Put all in a sieve, and shake the fine ones through (they may be saved for breading or for a bread sauce). Measure the coarse crumbs, and for each cupful put into a frying-pan two level table-spoonfuls of butter. Place the pan on the fire, and when the butter becomes hot, add the crumbs. Stir over the fire constantly until the crumbs are brown and crisp.

Baker's bread is the best for these crumbs.

About Breading Articles for Frying.

This is a simple operation, but it is rarely well done. A little care is all that is required for a perfect result. The crumbs should be dry and fine. Either bread or cracker may be used, but in most cases the bread crumbs are the best.

Put the egg in a deep plate, and beat it thoroughly with a spoon, but not enough to make it light. Have the crumbs in another plate, or they may be spread in a thick bed on a board. Have the article that is to be breaded seasoned well with salt, and slightly with pepper, if the latter be used at all. Put the article in the egg, and with a table-spoon dip up and pour the egg over every part of it. Not a spot should escape the coating. Take the article from the egg, and roll it in the dried crumbs, being careful that every part is covered. Lay the breaded food on a flat dish or on the board, until dry.

Never place one breaded article on another when drying or frying. When ready to fry, shake off the loose crumbs. Place in the wire basket, being careful not to crowd. Fish, meat, croquettes, etc., when dry after breading, can be placed in the refrigerator until the time for frying. They will keep for twelve hours or longer.

Sometimes a very thick crust is desired on some kinds of food. In that case bread all the articles, and when they are dry, give them a second coat of egg and crumbs.

How to Dissolve Gelatine.

If gelatine be covered with water and placed on the hearth or on the back of the stove, it will melt in fifteen or twenty minutes; but in nine cases out of ten it will be strong-flavored, and will spoil whatever it is added to. This is the reason that gelatine is not fully appreciated by many housekeepers. If the gelatine be soaked in cold water for two or more hours, and then have boiling water or milk poured on it, it will dissolve immediately, and rarely will have taste or odor. Here is a good rule: Put a box of gelatine in a bowl, and pour over it half a pint of cold water. Cover it, and let it stand for two hours or more. When ready to use it, add half a pint of boiling water, or the same quantity of boiling milk if milk is to be used. Stir for a few minutes, and the gelatine will be dissolved.

How to Flavor Sugar.

If a housekeeper does not like to use **extracts**, she may prepare flavored sugars and have them for use when it is not convenient to obtain the fresh fruit. These sugars must be put into bottles and tightly corked. Self-sealing jars are excellent for this purpose.

How to Make Various Kinds of Sugar.

Orange Sugar. — Cut off the thin yellow rind of twelve oranges. Spread this on a platter, and put in a warm, dry place to dry. When it is dry, which will be in about forty-eight hours, put half of it in a mortar with one cupful of granulated sugar. Pound the mixture to a powder, and then rub it through a fine sieve. If there should be some coarse particles left in the sieve, return them to the mortar and pound again. When all are done, put the second half of the peel and a cupful of sugar in the mortar, and proceed as before. A tablespoonful of this will flavor a quart of custard or cream.

Orange Zest. — This is another form of orange sugar. Only the oily particles of the orange peel are added to the sugar. Rub lumps of loaf sugar on the outside of an orange until they are coated with the oil from the peel; a good deal of pressure must be used to break the oil vessels. Pound this sugar in the mortar, and bottle for use. Lemon zest is made in the same manner.

Lemon Sugar. — Make the lemon sugar the same as the orange.

Orange Flower Sugar. — Put one cupful of orange petals in a mortar with one cupful of granulated sugar. Pound to a powder, and rub through a sieve. Dry in a warm oven, and bottle for use. Or the orange flowers may be dried before being pounded, and then the sugar may be bottled at once.

Rose Sugar. — Spread rose leaves on a flat dish, and dry them in a warm oven. Put one pint of the dried leaves in the mortar, with half a pint of granulated sugar. Pound to a powder; rub through a sieve, and bottle.

Vanilla Sugar. — Cut one ounce of the vanilla bean into small pieces. Mix these with half a pint of granulated sugar, and pound to a powder in a mortar. Rub through a fine sieve; return the coarse particles to the mortar, and pound again.

Some of the vanilla bean will be too coarse to go through the sieve after the second pounding. Bottle this separately, and use it to flavor boiled custards.

How to Make Caramel.

Put any amount of sugar desired in a frying-pan or a granite-ware saucepan. Stir over the fire until the sugar dissolves and turns brown. Now add hot water equal in quantity to the sugar, and let the mixture simmer until all the sugar is dissolved. The sugar becomes perfectly liquid when stirred over a hot fire; but as soon as the water, or any other liquid, is added, it hardens. If it be allowed to simmer for about fifteen minutes, the sugar dissolves again, and a clear syrup is formed. If the syrup be desired thick, in order that the caramel may be used for seasoning a mousse, or for coloring soups or sauces, the syrup may be allowed to simmer for half an hour or more.

When the caramel is intended for a flavor for desserts or pudding sauces, the sugar should be stirred until it begins to show bubbles and to smoke. It must then be taken from the fire instantly, if a delicate flavor be desired; but if a strong flavor be liked, stir for about one-quarter of a minute longer.

When the caramel is to be used to color soups or sauces, however, the cooking should continue for about a minute after the sugar begins to boil.

When the water is added to the sugar, it should be poured from a long-handled dipper, or there will be danger of the hot sugar and water spattering on to the hands.

When caramel is used for coloring soups and sauces, add only a few drops at a time, as it spoils a delicate soup to add a drop too much. One of the safest and most satisfactory colorings for soups and sauces is Madame Perrin's Pâte Française. This French paste comes in small tin boxes, each containing twenty-five little caramels. One caramel dissolved in two quarts of soup will give it a rich brown color, or a small piece of a caramel will give just the bit of color that a sauce may lack. The boxes cost twenty-five cents apiece. This paste is for sale at Lidgerwood's, corner of Broadway and Thirteenth Street, New York. In Boston it may be obtained of S. S. Pierce & Co., or of Raymond & Fox, both on Tremont Street.

How to Get Onion Juice.

Pare an onion, and cut it into four pieces. Put one or two of these pieces in a wooden lemon-squeezer, and squeeze hard. One large juicy onion will yield two table-spoonfuls of juice. Of course, if only a teaspoonful of juice be required, only one-quarter of the onion need be squeezed. The lemon-squeezer must not be used for anything else. If one has not an extra squeezer for this purpose, the juice may be obtained by pressing the onion on a coarse grater, or by bruising the onion with the blunt edge of a knife, and then pressing hard with the flat blade. Neither of these methods last mentioned will extract more than a table-spoonful of juice from a large onion.

How Garlic Vinegar is Made.

Pare and slice a dozen cloves of garlic; put them in a preserving-jar with one pint of vinegar; cover, and set away for two weeks; then strain into a bottle. One teaspoonful of this vinegar added to a potato salad gives it a delicate flavor of garlic.

How to Make Tarragon Vinegar

Put two bunches of fresh tarragon in a quart preserve-jar; fill the jar with white-wine vinegar; cover, and set away in a cool, dark place for two or three weeks. At the end of that time strain the vinegar, and bottle it. Fill the jar with fresh vinegar, and put away. It will be ready for use in a month, but it need not be strained until the first quantity has been used. This vinegar is a great addition to any kind of salad and to many sauces.

The Way to Make Chervil Vinegar.

Chervil vinegar is made like the tarragon, and is used in the same way.

An Easy Way to Kill a Lobster.

When a live lobster is required for broiling or other purposes, this will be found a simple and comparatively painless mode of killing it. Run a long narrow-bladed knife into the tail at the third joint from the end, having the blade slant downward. This will cut the spinal cord, and death will quickly follow.

How to Preserve Lobster Coral.

At some seasons of the year it is difficult to get the coral of the lobster. Indeed, during the summer it is almost impossible to get enough to color a soup or sauce.

When a large quantity of coral is found in a lobster, all that is not required for immediate use should be put into a jar and covered with vinegar. It will keep a long time. When it is to be used, soak it for one hour in water, and then for an hour in milk. Wipe it dry, and use it the same as if fresh.

How to Dry Parsley and Chervil.

Parsley and chervil should be dried in two ways. When the herbs are to be used in a powdered form, tie them in bunches, and hang them in a dry, shady place. Keep them in bags or boxes. When the herbs are to be used in a minced form in sauces, salads, and soups, another method must be followed. Tie the herbs in bunches; lay them in a bowl, and cover them with boiling water; immediately pour off the water, and hang the herbs in a dry, shady place. When dry, put them in boxes or paper bags. When required for use, break off the quantity desired; soak in cold water for ten minutes, and the herbs will be ready for use.

How to Make Lime Water.

Put about a pound of unslacked lime in a large bowl; pour over this three quarts of boiling water; let it stand for ten minutes; then stir well with a stick. Place the bowl in a cool place for eight or ten hours; at the end of that time pour off the clear water, letting the sediment remain in the bottom of the bowl. Bottle the clear water, and keep in a convenient place. A tablespoonful of this may be added to a glass of milk to be given to a patient with an acid stomach.

In case of burns, cover the burned parts with a cloth wet in lime-water; keep the cloth wet by pouring on a little of the water as often as the cloth dries.

What Devonshire Cream is, and its Uses.

Put a pan of milk in a cool place for twenty-four hours. At the end of that time place the pan on the back of the range, and heat the milk slowly to the boiling-point, being careful not to let it boil. Put the pan in a cool place for six or twelve hours. At the end of that time skim off the cream, which will be found firm, and of a peculiarly sweet flavor.

In very hot weather the milk may be scalded after it has stood for twelve hours. This cream is eaten on mush, fruit, blanc-mange, toast, etc.

How to Stone Raisins.

Free the raisins from stems, and then put them in a bowl. Cover them with boiling water, and let them stand for two minutes. Pour off the water; open the raisins, and the seeds can be removed quickly and easily without the usual stickiness.

How to Keep Food in a Refrigerator.

Food that has little odor itself, and food that absorbs odors readily should be placed at the bottom of the refrigerator. All foods with a strong odor should be kept on the top shelves. Sour milk or cream should not be kept in the refrigerator. Salad dressings, Tartar sauce, and celery should be covered closely, or they will flavor everything that is shut up with them. Pineapple, strawberries, and raspberries should not be shut into a common ice-chest with milk or cream. In the refrigerators where there is a circulation of dry air, butter, milk, cream, and other delicate foods may be kept in the lower part of the refrigerator, and the fruits, vegetables, etc., with stronger flavors and odors may be kept on the top shelves. If arranged in this way, there will be little danger that one kind of food will absorb the flavor or odor of another.

It is a good plan to keep a small dish of powdered charcoal on one of the upper shelves of the refrigerator, as it is an excellent absorbent of odors. It should be changed every few days.

The refrigerator must be perfectly clean, and with these precautions there need be no trouble in keeping all kinds of food in a good refrigerator. People who live in flats are so dependent on this mode of keeping the daily supply of food that too much care cannot be used to have the refrigerator sweet and healthful.

How to Prepare Liquid Cochineal.

Put into a small saucepan half a cupful of water, half an ounce of powdered cochineal, a level table-spoonful of cream-of-tartar, a piece of alum the size of a large pea, and one table-spoonful of sugar.

Place on the fire, and boil gently for fifteen minutes. Take the saucepan from the fire, and let the liquid cool slightly. Put a small tunnel in the mouth of a small bottle; place a piece of cheese-cloth over the tunnel, pressing it down a little. Pour the liquid on the cheesecloth, and strain it into the bottle. With a teaspoon press as much of the cochineal as possible through the sieve. Cork the bottle, and keep in a cool, dark place. All the work must be done carefully; for if a drop of the cochineal falls on the fingers or table, it makes a stain that will last a good while. A few drops of this preparation will color an icing, a cream, or a jelly. It will keep several months.

How to Make Soft Soap.

All the strong-flavored fats, such as the fat of mutton, goose, and turkey, should be tried out and strained while fresh and sweet. Keep this strained fat by itself, and use it when soft soap is to be made. If it be strained into five-pound lard-cans, there will be no trouble about weighing or measuring it at the time of making the soap.

To make nine gallons of soap put into a large kettle a pound can of Babbitt's pure potash and one quart of water. Place on the fire, and boil for fifteen minutes. At the end of that time add a five-pound can of grease, and boil slowly an hour longer, stirring frequently with a wooden stick. At the end of an hour pour the boiling mixture into a large soap-tub. Stir into this two gallons of hot water. In about fifteen minutes add two more gallons of hot water. Stir well, and add four gallons and a half of water, this last quantity to be either hot or cold, as suits your convenience. Stir the soap three or four times in the next hour. When cold, it will be thick and white.

What to Do if Fat Boils Over.

Everybody who reads the newspapers knows that fires are frequently caused by fat boiling so high in the kettle in which it has been placed that it escapes over the sides of the utensil and falls upon the stove. In such cases the common impulse of most spectators, in their desire to extinguish the blaze, is to do what is really the worst thing possible, — throw water on the fire. [illegible] volume of water may put out the blaze quickly, but a pailful only spreads the flames. Firemen say that ashes are the best extinguisher at all likely to be at hand. If fat boils over, a woman should immediately run for aid, unless she knows that there is none within call, or is so fortunate as to have a pan of ashes or a quantity of sand near by, and to have means of speedy retreat in case her attempt to smother the flames fails. Possibly many fires might be prevented from causing any loss if women kept boxes of sand near the stove whenever frying food of any kind.

A woman's clothes may be set on fire when fat boils over, or possibly at some other time when she is in the kitchen. Scientists assert that if a woman will lie down in such an emergency the flames will become for the while almost harmless, and time will be gained for further action. Any bystander who has the quick wit in such a case to spread a woollen garment or a rug over the sufferer to exclude the air, may save a life. Perhaps the woman, if alone, can extinguish the flames herself by rolling over. The great point to bear in mind is the wisdom of lying down as quickly as possible, though, of course, no woman wants to lie down in a room that is all ablaze. In case her misfortune be due to the boiling-over of fat she should get out of the room, perhaps go out of doors, instantly, and then lie down at once. She never should run.

BILLS OF FARE.

Among housekeepers who do their own work there is too often a feeling that if the food which is set before the family be wholesome and plentiful, there need be no thought of the manner in which it is put upon the table. Yet even if the fare be very simple and one's means be small, it is possible to serve dishes in such a way as to convey instruction in good manners at each meal. Take some of the dinner bills of fare in this chapter. Many readers may say: "Four courses! That's too elaborate; I shall not try to carry it out." Nevertheless, if the soup be omitted, and other slight changes made, there will be no more in the bill than families in moderate circumstances commonly have for dinner. But little additional labor and few extra dishes are required when the dinner is divided into courses; and one's appetite is likely to be better, and the table will certainly look better than when all the food is put on at once. Haste in eating may also be prevented; and it should be remembered that haste induces dyspepsia, no matter how good the cooking may be. Let housekeepers study the composition of bills of fare; and although they may not see fit to follow them exactly as published, they ought in time to acquire considerable useful knowledge, and be able to see the wisdom of serving meals in courses, as well as to learn how to adapt commended bills of fare to their own circumstances.

Breakfast.

To no meal do we come with more variable appetites than breakfast: therefore the housekeeper should give special attention to the preparation and serving of the food which must suffice for the majority of people through the hardest labor of the day. The period between supper, or dinner, and breakfast on the morrow is about twelve hours; the stomach is in an exhausted condition in the morning, and the food designed for it should be appetizing and not heavy. The aim should be to have the dishes light, hot, nutritious, and inviting.

Arrangements for the meal should not be deferred until late at night, but should receive attention in the morning, when plans are being made for dinner, or luncheon, and supper. In this way it is easy to arrange for the meal so that it can be well cooked and properly served, — not in the hurried, unsatisfactory manner so common in many households.

To many people a chop, cutlet, or steak is a necessity every morning; whereas to others anything so solid is unacceptable in the then weak condition of the stomach. One rule will not apply to all persons with regard to food any more than with regard to medicine. Probably almost every person who is not usually fastidious or unreasonable about his food is, nevertheless, at times strongly averse to tasting a dish that is generally inviting and palatable. This fact is noticeable at breakfast more than at any other meal, but is seen also when one has gone too long without food, or has become anxious, nervous, or extremely tired. In such cases light food should be provided, and it should be eaten slowly. A crust of well-baked bread, thoroughly masticated, will frequently bring the appetite back to a healthy condition.

It is desirable that the breakfast-room should be orderly and cheerful, and the table spread with as much care as for the most elaborate meal of the day. It is well to begin the breakfast with oatmeal, hominy, or fruit.

Family Luncheons and Simple Home Dinners.

So long as late dinners are necessary or agreeable to so many families, so long will the luncheon be an important meal, especially where there are children. The little savory dishes which can be made from the odds and ends left from the dinner of the previous day, and all the thick, nutritious soups which are so simple and inexpensive, are proper for this meal. In planning for luncheon it must be remembered that a more substantial meal is to come later, and that the dishes should be light and simple. They also should be hot. A soup is always desirable, and there should be plenty of good bread.

Changes Advisable in the Spring.

With the advent of spring, a feeling of debility and lack of appetite may be expected. For such troubles it is wiser to seek relief by a change of food rather than by the use of bitters or other medicine. The heavy, rich dishes which have been enjoyed during the winter should give place to those of a lighter kind. For breakfast, eggs, cooked by various modes, with perhaps a little relish of ham or bacon, and toast, hashes, etc., should be served instead of steaks and chops. Fish, and the lighter kinds of meat, with vegetables and salads, should be used for dinner.

A Tempting Table in Warm Weather.

During hot weather housekeepers should constantly bear in mind the wisdom of appealing to the eye as well as to the palate. In the morning, when the system feels debilitated, it is particularly advisable not only to have the right kind of food and have it cooked nicely, but also to serve it in ways that will be likely to awaken an appetite at once. Perhaps nothing so quickly refreshes one on coming to the breakfast-table in summer as the sight of broken ice and something green. If berries are to form a part of the meal, put in the centre of a large flat dish — glass or china — a small shallow dish filled with broken ice, and heap the fruit round it. If bananas be the fruit chosen to begin the meal with, remove half the peel and arrange the bananas in an attractive way on a dish of ice. Sliced pineapple looks much more tempting if it have a cool bed, and peaches taste better if cared for in the same way. A few green leaves or some flowers, bright and simple, may leave such a pleasant impression as to make one very ready to come to breakfast the next day. Some people relish nothing in the morning more than sliced cucumbers, sliced tomatoes, water-cresses, the heart leaves of lettuce, and other uncooked vegetables. Such dishes must be thoroughly chilled before they are served. Like fruit, they will look much more attractive if cracked ice be used as an accompaniment, and will give the table an appearance of coolness.

During the summer and fall the wisest housekeepers are particular to be generous in their provision of fruit, vegetables, milk, and eggs for the table. All these things are at their best at this season, and also are much cheaper than at any other time of the year.

In summer, use those vegetables which last but a short time more frequently than those which may be obtained throughout the season. While asparagus is in perfection, use it freely. This advice applies also to peas and string beans from home gardens, and young beets and carrots. As tomatoes are good through spring, summer, and fall, use them less frequently.

IN EMERGENCIES.

What to Serve when Unexpected Guests Come.

If one live in the city and have unlimited means, the unexpected necessity of entertaining guests at luncheon or dinner should not disturb her; but if one live in the country, away from stores, or lack that abundance of money which will enable one to buy the freshest delicacies or whatever else may be desired to set before company, the matter of preparing a special meal in a hurry may tax her patience considerably. This should not be the case; housekeepers ought to feel that a cordial welcome to visitors is of more consequence than the preparation of fine dishes for their gratification. Many a passing friend loses half the enjoyment which might be derived from dining with the family because of a feeling that his unlooked-for coming has caused considerable embarrassment and trouble to his hostess, whereas the knowledge that nothing had been done, save to place an extra plate on the table, would put him completely at ease. Of course, if the family be small, and more than one guest appear, it may be necessary to cook more food than usual, or prepare a side dish of some kind, if the meal be ready or nearly ready before the visitors appear. It is presupposed that a substantial meal is always provided for the family; for this should be the case. Too many women are so unwise as to feel satisfied with a carelessly prepared meal when it is for themselves alone; they ought to know that warm and nutritious food is as necessary for their health as for men's.

But to return to the matter of emergencies. Imagine that there are friends at the door, and, by some mischance, plans have not been made for a meal to which the housekeeper would be willing to invite them. In half an hour a good and attractive repast may be spread, provided, however, that the pantry or storeroom contains articles for use on just such occasions. Here is a list of goods which it is well to keep on hand in quantities to be determined by the size of the family and the probability of receiving unexpected guests: Canned peas, mixed vegetables, corn, tomatoes, tongue, chicken, salmon, shrimps, and fruit; smoked salmon, smoked bacon, dried beef, preserves, olives, olive oil, beef extract, condensed milk (unless one be able to get fresh milk readily); fancy crackers and some kinds of cakes, — none are better than those which are rolled thin and baked crisp, if they be kept in a tin box and in a dry place; eggs, onions, and potatoes; rice, hominy, corn-meal, graham, corn-starch, macaroni, tea, coffee, and chocolate, cheese, raisins, and perhaps figs and nuts.

Below are given bills of fare for luncheon and dinner for six persons. All the dishes for luncheon can be prepared by a housekeeper of average ability in about half an hour. The preparation of the dinners will, however, require twice as much time.

Luncheon.

Terrapin Chicken.
Boiled Rice. *French Peas.*
Macédoine Salad.
Toasted Crackers. *Canned Peaches.*
Coffee.

Dried Beef, Cream Sauce.
Purée of Potatoes. *Olives.*
Crackers. *Gingerbread.*
Chocolate.

Broiled Bacon. *Stewed Potatoes.*
Scrambled Eggs. *Corn Muffins.*
Crackers. *Cheese.* *Olives.*
Cake. *Preserves.*
Tea.

Cold Tongue.
Macaroni, with Tomato Sauce.
French Peas.
Jelly Omelet. *Fancy Crackers.*
Chocolate.

Dinner.

Tomato Soup. *Toasted Bread.*
Curry of Shrimp or Chicken.
Boiled Rice. *Stewed Corn.*
Welsh Rare-bit.
Corn-starch Pudding, Strawberry Sauce.
Coffee.

Potato Soup.
Broiled Smoked Salmon.
Baked Potatoes. *Omelet.*
Cream-of-Tartar Biscuit.
Marmalade. *Soda Crackers.*
Tea.

Green Pea Soup.
Sliced Canned Tongue.
Macédoine of Vegetables.
French Fried Potatoes.
Strawberry Trifle. *Coffee.*

COMPANY BREAKFASTS.

The custom of giving little breakfast-parties is becoming more common every year. Literary men and artists are especially partial to this kind of entertainment. The dishes for this meal should be as simple as possible, perfectly cooked, and served hot. Some hostesses, in their desire to give elaborate breakfasts, overreach the mark, and instead of serving a simple, elegant breakfast, they provide what is really a dinner. This is in as bad taste as if the guests came to breakfast in full dress.

The hours for a company breakfast are from nine to twelve o'clock. The sooner after nine o'clock a breakfast can be served, the better. When people have fasted too long they may not so agreeable as under more favorable circumstances; or if the breakfast be so late that they are obliged to take a light meal before coming, they will not be in a condition fully to appreciate what the host or hostess has prepared for their pleasure.

Here are a few bills of fare that may help the young housekeeper in planning to give a breakfast of this kind.

IN THE SPRING.

Sliced Pineapple.
Broiled Shad. Sliced Cucumbers.
Thin Fried Potatoes.
Chicken Cutlets, Mushroom Sauce.
French Peas.
Savory Omelet. Radishes.
Rolls. Toast.
Cream Waffles, Maple Syrup.
Tea. Coffee.

IN SUMMER.

Berries.
Baked Turbans of Flounder,
White Sauce.
Potato Balls, with Parsley Butter.
Broiled Chicken.
Green Peas. Rolls.
Tomato Omelet. Pop-overs.
Frozen Peaches, with Whipped Cream.
Tea. Coffee.

IN THE FALL.

Chilled Cantaloupe.
Breaded Fillet of Bass,
Tartar Sauce. Rolls.
Small Tenderloin Steaks,
Mushroom Brown Sauce.
Fried Sweet Potatoes. Muffins.
Baked Eggs. Butter Toast.
Hominy Griddle-Cakes, with Maple Syrup.
Tea. Coffee.

IN WINTER.

Baked Sweet Apples, with Cream.
Fried Smelts,
Tartar Green Sauce. Rolls.
Breaded Mutton Chops,
Tomato Sauce.
Princess Potatoes. Corn Muffins.
Oyster Omelet. Wheat Muffins.
Buckwheat Cakes, with Maple Syrup.
Chocolate. Coffee.

COMPANY LUNCHEONS.

Company luncheons being especially for ladies, the dishes should be light, and a warm drink served at the close. Frequently chocolate is taken in the middle of the luncheon, in which case coffee may be served later. Tea is not often provided; yet if any guest drinks neither chocolate nor coffee, it is proper and thoughtful to inquire if a cup of tea would be acceptable. It is what many ladies always take at their home luncheon, and its absence may detract much from their pleasure.

Use of Wine.

In some families wines are considered indispensable at this meal, whereas in others they are used only at dinner. It will be a great gain for humanity when wine is never set on a ladies' table. The homes where it is not served may not be so numerous as those where it is, yet no one need hesitate in the least to plan for a company luncheon, dinner, or supper at which wine shall have no place. Have the food of such good quality that no accompaniment shall be desired to make it palatable or digestible.

A Plan to be Commended.

From a simple meal, the luncheon has grown to proportions rather formidable to the young housekeeper; for it is nothing less than a small dinner at present. Many ladies serve fish after the soup, and then a joint, which should be followed with a light dessert and coffee. Such a meal is to be commended when one has not trained servants and silver and china in plenty, as the preparation and serving will not require any more ability or care than the housekeeper and cook need for every-day duties; whereas aspiration to provide many courses may lead to embarrassment.

The Oysters and Soup.

When oysters are in season, they are usually served raw as a first course, either in half the shell or in a block of ice. There should be a soup of some kind. If it be a clear one, like bouillon or consommé, the most approved way of serving it is in cups. The cup commonly used is of a size between tea and coffee cups, but pretty china teacups will do very well. It is perfectly proper to use soup-plates, but the soup will not keep hot so long as in cups, and may not look so inviting.

Decoration of the Table.

The hostess should be ambitious to have her table present none of the characteristics of any other; she should avoid copying, no matter how charming a model she may have seen. It is worth the while, provided expense be a matter of moment, to omit some expensive dish selected for a place in the bill of fare, and use the money thus saved for flowers and ferns. Masses of fresh leaves and vines, dotted with bright-colored flowers, are always grateful to the eye at the table. A block of ice may be used effectively in the decoration. It should be a square block, clear and smooth, and weighing about ten pounds. Chip in the centre of it a hollow about two inches in depth and three in diameter; after laying two or three folded napkins in the middle of a large stone-china platter, place the ice upon them and cover the dish with ferns or any delicate green stuff, and fill the cavity in the block with ferns and flowers. This ornament, which is suitable as a centre-piece for either a luncheon, dinner, or supper table, looks bright, cool, and refreshing, and is inexpensive. When one is in the country, where ferns can be gathered in the woods, and the block of ice is first surrounded with soft green moss, the effect is even more agreeable than when the greenhouse supplies the embellishments.

A Few Points.

Perhaps the most convenient way of serving raw oysters is on plates made expressly for them, laying an oyster in each of the imitation shells, and a quarter of a lemon in the centre of the plate. The waiter should pass thin bread-and-butter sandwiches to be eaten with the oysters. These sandwiches should be of a size not greater than three inches square, and should be buttered very lightly. A convenient way of serving bread is to tie together with narrow bright ribbons three or four bread-sticks about six inches long, and place a bundle at each person's plate. By this mode the appearance of the board is brightened considerably.

All the dishes should be so placed that the waiter can take them in regular order, and should there be occasion for washing plates or silver, the work should be done so quietly that no sound of it shall reach the dining-room. Care also must be taken, if the silver is to be used a second time, that it does not retain the heat of the water in which it is washed. The dishes for soup, whether plates or cups, should be warm; so should be the dishes for all the hot courses; but for the cold they should be entirely free from heat.

The finger-bowls should contain only about a third as much water as they will hold. On its surface should be laid a thin slice of lemon or a fragrant green leaf, like geranium or lemon verbena. A delicate doyley should be so folded as to show its fringe on all sides, yet so small as not to conceal the rim of the dessert-plate on which it is to be laid. The finger-glass is to rest on the doyley. Before fruit is served, a dessert-plate should be placed before each guest, who will at once raise the glass, remove the doyley to the left of the plate, and set the glass on it. When the dessert-plates are painted the doyley prevents any damage by contact with glass.

As soon as the dessert and coffee have been served, the waiter leaves the room; and the conversation may become livelier, because of a feeling that it will not then delay the serving of a course. Coffee is sometimes served in the drawing-room after the luncheon, as after dinner; yet the custom is not common.

A One-o'clock Luncheon.

Here is a bill of fare, with directions for serving the dishes. Most of the work for such a luncheon can be done a day in advance.

Chicken Consommé.
Broiled Sardines on Toast.
Lamb Chops, Breaded. *Green Peas.*
Chicken Croquettes.
Lobster Salad.
Cantaloupe Charlotte.
Sherbet or Ice-cream. *Fancy Cakes.*
Olives. *Fruit.*
Coffee.

The croquettes can be shaped the day before the luncheon, and fried at the proper time; the lamb chops can be trimmed, seasoned with salt and pepper, dipped in melted butter and then in fine bread crumbs, and put away until the morrow; the Mayonnaise dressing can be prepared, and, if the weather be cold, the charlotte can be made and the cream prepared for freezing. On the day of the luncheon attention may be given chiefly to the sardines, the lobster and lettuce for the salad, the freezing of the cream, and arrangements for the table.

Before attempting any other work, have the kitchen and dining-room put in as good order as possible for the task before you. See that your cream is ready for freezing; that the cans of peas are opened, if you use French peas; that the sardines are removed from their box, and drained on a large plate or platter; that the lobsters are opened, and the meat cut into dice and put into a marinade to stand for two or three hours; that the lettuce is washed, leaf by leaf, and put into a pan of broken ice to keep it crisp.

Freeze the cream, and pack it into moulds. If buttered bread is to be served, cut and butter the slices, and wrap them in a damp napkin. Cut bread for toast also, and set aside a quantity of butter to soften for the toast.

Look into the dining-room, and, as you arrange the table, decide as nearly as possible where each guest shall sit. If raw oysters are to be served on plates (that is, not in the natural shells, but in imitation shells forming a part of the plate), they should be put upon the table before the company is summoned to the dining-room; but if oysters are not made a course in your bill of fare, place ordinary plates upon the table, together with knives and forks. The greater part of the silver may be put upon the table when it is set, — three forks, two knives, a soup-spoon, and a small spoon beside each plate, if one have silver in plenty. By this plan the waiter's responsibility may be lightened, but it is questionable whether the display of so much silver increases the elegance of the appearance of the table. If one think it does not, the waiter may be instructed to bring in the proper pieces of silver with the plates for each course, — two plates at a time, with the silver laid upon them. There is no greater test of a waiter's ability than this matter of placing silver upon the table and removing it without noise. The guest, of course, has his part to perform. As soon as a plate is set before him, he will take the knife, fork, and spoon from it, and lay them beside his plate. The waiter may pass each dish to the guests, or the hostess herself may serve. The latter manner is the more likely to promote sociability.

There are two modes of arranging the table for the dessert. One is to have two table-cloths, and remove the upper after the salad has been served; but by following this plan the flowers and ornaments must be taken off the table, and a bare surface of white is seen for some moments. The other and better mode is to use a crumb-knife and salver. It may not be amiss to say here that as the fashion of serving ices in small soup-plates, and eating them with a fork has nothing to commend it, it will not be followed by a wise hostess.

Fruit is frequently placed on the table before the luncheon is served. When there are no flowers it makes a bright centre-piece; yet fruit seems much more appetizing if it has not been in view during the meal.

The final act of the mistress will be to give directions as to the time and mode of serving the courses. She will do well to make out three ménus, with the time for cooking and serving set against each dish, — one to be given to the cook, another to the waiter, and the third to be retained for her own use. The value of such memoranda may become evident after a reading of the following pattern for a one-o'clock luncheon, like that suggested on page 906: —

12.50 o'clock. *Sardines on Toast.* Broil the fish eight minutes, and lay them on the toast. Keep hot, for serving at 1.10.
1.00 o'clock. *Consommé.* Serve hot.
1.00 o'clock. *Green Peas.* Heat them, and season with salt and butter.
1.10 o'clock. *Sardines on Toast.* Serve.
1.10 o'clock. *Chops.* Put them on to broil for ten minutes. When they are cooked, heap the green peas in the centre of a platter and lay the chops around them. Serve at once. (1.20.)
1.35 o'clock. *Croquettes.* Plunge into boiling fat, and cook until they become browned, — two minutes. Serve on a warm dish with a garnish of parsley.
1.45 o'clock. *Salad.* Arrange and serve.
2.00 o'clock. *Cantaloupe Charlotte.* Turn out on a dish, and heap whipped cream around it. Serve.
2.00 o'clock. *Coffee.* Begin to make it.
2.10 o'clock. *Ice-cream and Cake.* Serve.
2.15 o'clock. *Coffee.* Serve.

Company Luncheons in Fall and Winter.

LUNCHEON.

Oysters à la Poulette.
Small Tenderloin Steaks, with Marrow-bones. Sweet Potatoes au Gratin.
Roast Grouse, Bread Sauce. French Peas.
Dressed Celery.
Orange Jelly, with Whipped Cream.
Chocolate. Fruit.

Oysters in the Half-Shell. Rolled Bread.
Fillet of Striped Bass, Tartar Sauce.
Potatoes à la Parisienne.
Broiled Chicken.
Dressed Celery.
Cauliflower au Gratin.
Iced Coffee.
Royal Croquettes, Sauce Allemand.
Broiled Mushrooms.
Roast Partridge, Bread Sauce.
Green Peas.
Escaloped Sweet Potatoes.
Cheese Fingers.
Burnt Almond Charlotte Russe.
Orange Sherbet.
Apricot Ice-cream.
Fruit. Chocolate. Cake.

Company Luncheons in Spring and Summer.

Bouillon.
Creamed Oysters, with Garnish of Puff-Paste Triangles.
Broiled Small Birds on Toast.
French Peas.
Sorbet.
Chicken Patties.
Lobster Farcé.
Lettuce Salad.
Royal Diplomatic Pudding.
Walnut Ice-cream.
Small Fancy Cakes.
Fruit. *Coffee.*

Chicken Consommé.
Broiled Salmon, Bechamel Cream Sauce.
Lamb Chops.
Asparagus Points on Toast. New Potatoes, with Parsley Sauce.
Sweetbreads, Larded and Baked, with Cream Sauce. Green Peas.
Marguerite Salad.
Orange Sherbet.
Caramel Ice-cream.
Cake. *Fruit.*
Coffee.

COMPANY DINNERS AND SUPPERS.

When the husband unceremoniously invites home to dine with him a friend of whose coming not the slightest mention has been made to the wife, she may be unable to make special preparation at short notice, and should be satisfied to set before the guest the good food which she ordinarily provides for the family, though it be plain. Suggestions as to what may be done in such cases have already been given in another part of this chapter, under the head "In Emergencies."

But perhaps a few intimate friends are asked to be present at the family dinner. There is no need of any elaborate preparations, for a simple meal will be acceptable enough if it be well cooked and well served.

Again, invitations may be issued to a more ceremonious dinner. It should be remembered, when arranging for such a meal, that the home table should be of a character absolutely distinct from that of the restaurant or hotel, despite the prevalent fancy of many housekeepers for copying the restaurant table as closely as possible. Then, too, unless a large number of guests be present, the dinner will be much more enjoyable if placed on the table and served by the host and hostess. Guard against the error of having too many dishes. An elegant dinner may be composed of a few dishes excellently cooked and faultlessly served; whereas if the number be large, the liability of poor cooking is enhanced, and, moreover, as some of the dishes must stand awhile after they have been cooked, they may not be in the best state when brought to the table, though perhaps perfect at first.

Unless implicit confidence may be placed in the cook, written directions should be given as to the time each dish is to be put on to cook and to be served, so that there shall be no mortifying mistakes in the kitchen. The waiter should have a copy of the *ménu,* and there should be one at your own plate. Prepare as many of the dishes as possible the previous day. If the bill of fare be long and many of the courses heavy, the soup should be light, — say some kind of clear soup; but if the courses be few, it will be well to have some kind of cream soup.

The general suggestions given in regard to company luncheons apply also to company dinners.

Spring and Early Summer.

Asparagus Soup.
Baked Salmon, Sauce Hollandaise.
Roast Chicken, with Currant Jelly.
Potato Croquettes. Asparagus.
Escaloped Sweetbreads.
Green Peas.
Dressed Lettuce. Cheese Fingers.
Strawberry Charlotte.
Pineapple Sherbet. Cake.
Ice-cream. Coffee.

Bisque of Lobster.
Broiled Spanish Mackerel, Ravigote Sauce.
Chicken Timbales, Bechamel Cream Sauce. French Peas.
Fillet of Beef, Mushroom Sauce.
Vegetables à la Jardinière.
Sorbet.
Roast Woodcock, with Garnish of Water-cresses and Lemons.
Reed Birds on Toast. Potatoes à la Parisienne.
Shrimp Salad.
Vanilla Ice-cream.
Lemon Sherbet.
Chocolate Mousse.
Fancy Cakes. Fruit.
Confectionery. Coffee.

Summer and Early Autumn.

Chicken Consommé.
Fillets of Flounder au Gratin.
Fried Chicken in Cream Sauce.
Potato Soufflé.
Breaded Calves' Brains, Ravigote Sauce. French Peas.
Roast Duck, Olive Brown Sauce.
Brussels Sprouts. Potato Balls.
Lettuce Salad.
Imperial Pudding, Strawberry Sauce.
Lemon Sherbet. Cake. Fruit.
Coffee.

Potage à la reine.
Boiled Salmon, Tarragon Sauce.
Cauliflower, with Cream Sauce.
Broiled Chicken, Tartar Sauce.
French Peas.
Raspberry Granite.
Roast Woodcock on Toast.
Lettuce Salad.
Toasted Soda-Crackers.
Neufchâtel Cheese.
Pineapple Sherbet. Ice-cream
Fruit. Fancy Cakes.
Coffee.

Autumn and Winter.

Crab Bisque.
Turbot à la Crème.
Potato Croquettes.
Parisian Vol-au-Vent.
Roast Chicken.
Dressed Celery. Potato Puffs.
Iced Orange Granite.
Fried Frogs' Legs, Tartar Sauce.
Cauliflower au Gratin.
Reed Birds Roasted in Sweet Potatoes.
Green Peas. Lettuce Salad.
Peaches in Jelly, with Whipped Cream.
Coffee Mousse.
Vanilla Ice-cream. Lemon Sherbet.
Coffee.

Raw Oysters. Buttered Brown Bread.
Velvet Soup.
Fillets of Flounder in Wine, White Sauce.
Boiled Potato Balls.
Chicken à la Duxelles, Bechamel Sauce.
Macédoine of Vegetables.
Coffee Granite.
Venison Steak. Currant Jelly.
Fried Sweet Potatoes.
Dressed Celery.
Olives. Crackers. Cheese.
Biscuit Tortoni.
Fruit. Confectionery.
Coffee.

Oyster Bisque.
Fillet of Bass, Tartar Sauce. Rice Croquettes.
Roast Chicken.
Minced Spinach. Mashed Potatoes.
Cranberry Jelly.
Broiled Quail on Toast.
Dressed Celery.
Potatoes à la Parisienne.
Lettuce Salad.
Crackers and Cheese.
Orange Sherbet. Ice-cream.
Fruit. Small Fancy Cakes.
Coffee.

Winter.

Oysters in a Block of Ice.
Bread-and-Butter Sandwiches.
Consommé à la Royal.
Fried Smelts, Tartar Sauce.
Buttered Brown Bread.
Tenderloin Steaks à la Bearnaise.
Potatoes à la Parisienne.
Chicken Timbales, Bechamel Yellow Sauce. French Peas.
Dressed Celery.
Crackers and Cheese.
Royal Diplomatic Pudding.
Lemon Sherbet.
Coffee Ice-cream.
Vanilla Ice-cream.
Fancy Cakes. Fruit.
Coffee.

Green Pea Soup.
Broiled Whitefish, Maître d'Hôtel Butter.
Potatoes au Gratin.
Anchovy Toast.
Mutton Chops. Peas à la Française.
Welsh Rare-bit.
Water-cress Salad.
Custard Soufflé, Creamy Sauce.
Fruit. Coffee.

Julienne Soup.
Fillets of Flounders au Gratin, with Bechamel Sauce.
Potato Croquettes.
Roast Chicken, Ravigote Sauce.
Potato Puffs.
Cauliflower in Cream Sauce.
Sweetbreads in Paper Cases.
Sorbet.
Roasted Young Ducks.
Stuffed Cucumbers. Green Peas.
Salmon Salad.
Cream à la Versailles.
Chocolate Mousse.
Walnut Ice-cream. Fancy Cakes.
Pineapple Sherbet.
Coffee.

Game Dinner.

Blue Points. Bread-and-Butter Sandwiches.
Green Turtle Soup.
Fillet of Bass, Tartar Sauce.
Roast Venison, Currant Jelly Sauce.
Potato Puffs.
Small Birds in Crumbs.
Roast Duck, Orange Sauce.
Sweet Potatoes.
Larded Grouse, Bread Sauce.
French Peas.
Lettuce Salad.
Cheese. Thin Crackers.
Celery.
Wine Jelly. Italian Cream.
Orange Sherbet. Walnut Ice-cream.
Fruit.
Coffee.

A Little Supper.

Creamed Oysters, with Puff-Paste Cakes.
Venison Steak.
Currant Jelly. Thin Fried Potatoes.
Broiled Quail on Toast.
Cold Roast Chicken.
Dressed Celery. French Peas.
Orange Sherbet.
Chocolate Mousse. Cake. Fruit.
Coffee.

With this supper there should be served very small hot rolls, and cold bread cut in delicate slices, as well as side dishes of olives and salted almonds.

An Oyster Supper.

Oysters in the Half-Shell.
Quarters of Lemon.
Brown Bread.
Fried Oysters. Escaloped Oysters.
Rolls. Fried Brown Bread.
Dressed Celery.
Oysters à la Poulette.
Puff-Paste Cakes.
Oyster Salad.
Thin Slices of Bread. Olives.
Orange Jelly. Charlotte Russe.
Chocolate. Coffee.

LENTEN FARE.

Breakfast.

Oatmeal.
Broiled Salt Fish.
Princess Potatoes.
Poached Eggs.
Spider Corn Cake. Toast.
Rice Griddle-cakes.

Luncheon.

Broiled Fish, with Maître d'Hôtel Butter.
Mashed Potatoes. Cucumbers.
Canned Peas.
Tea Cake.
Tea.

Dinners.

Clam Soup. Escaloped Fish.
Peas à la Française.
Baked Sweet Potatoes.
Macaroni, with Tomato Sauce.
Cheese Soufflé. Cider Jelly.

Potato Soup.
Boiled Halibut, Egg Sauce.
Potato Puffs. Green Peas.
Broiled Mackerel or Bass.
Thin Fried Potatoes.
Dressed Lettuce.
Crackers and Cheese.
Baked Bread Pudding, Vanilla Sauce.

Tomato Soup.
Baked Fish, Sauce Hollandaise.
Macaroni and Cheese.
Mashed Potatoes.
Oyster Omelet.
Quaking Pudding, Wine Sauce.

SUPPER.

Milk Toast.
Egg-and-Lettuce Salad. Hot Rolls.
Delicate Cake. Cocoa.

COMPANY DINNERS IN LENT.

Oysters in the Half-Shell.
Rolled Bread.
Cream-of-Celery Soup.
Baked Chicken Halibut, with Bechamel Cream Sauce and Garnish of Potato Balls and Hard-boiled Eggs.
Broiled Lobster, Maître d'Hôtel Butter.
Green Peas à la Française.
Orange Sorbet.
Fillet of Bass, Tartar Sauce.
Bermuda Potatoes or Sliced Tomatoes.
Deviled Lobster.
Crackers and Cheese.
Dressed Lettuce.
Custard Soufflé, Creamy Sauce.
Ice-cream. Small Cakes.
Fruit. Coffee.

Oysters in a Block of Ice.
Mock Bisque.
Baked Shad, Sauce Hollandaise.
Potato Balls.
Broiled Salmon, Maître d'Hôtel Butter. Green Peas.
Cheese Soufflé.
Lobster Salad.
Cabinet Pudding, Wine Sauce.
Frozen Apricots.
Caramel Ice-cream
Small Fancy Cakes.
Fruit. Coffee.

GENTLEMEN'S DINNERS.

Spring.

Oysters in the Half-Shell.
Sorrel Soup.
Broiled Shad, Ravigote Sauce.
Sliced Cucumbers.
Potato Croquettes.
Roast Lamb, Mint Sauce.
Asparagus. Mashed Potatoes.
Roman Punch.
Roast Duck, Orange Sauce.
French Peas.
Small Cheese Soufflés.
Lettuce-and-Tarragon Salad.
Sherbet. Ice-cream.
Small Fancy Cakes. Fruit.
Coffee.

Summer.

Little-Neck Clams.
Green Pea Soup.
Broiled Salmon, Bearnaise Sauce.
Green Peas.
Broiled Chicken.
Vegetables à la Jardinière.
Strawberry or Raspberry Granite.
Roast Snipe or Woodcock.
Saratoga Potatoes.
Water-cress Salad.
Crackers. Cheese.
Strawberry Ice-cream.
Lemon Sherbet. Macaroons. Fruit.
Sponge Cake. Coffee.

Fall.

Anchovy Canapés.
Lobster Bisque.
Fillet of Sole Baked in White Wine.
Potato Balls, with Parsley Butter.
Tenderloin Steaks,
Olive Brown Sauce. Lima Beans.
Orange Sorbet.
Roast Partridges, Bread Sauce.
Cauliflower, with Cream Sauce.
Lettuce Salad.
Royal Fritters, Sabayon Sauce.
Frozen Peaches. Ice-cream.
Vanilla Wafers. Fruit.
Coffee.

Winter.

Oysters in the Half-Shell.
Cream-of-Clam Soup.
Boiled Bass, Dutch Sauce.
Roast Leg of Mutton, Currant Jelly.
Mashed Potatoes.
Macaroni au Gratin.
Mashed Turnips.
Celery Salad.
Crackers. Cheese.
Brown Pudding, Wine Sauce.
Ice-cream. Sponge Fingers. Fruit.
Coffee.

Oysters in the Half-Shell.
Imperial Soup.
Breaded Fillets of Bass, Tartar Sauce.
French Fried Potatoes.
Roast Chicken.
Dressed Celery. Mashed Potatoes.
Orange Granite.
Roast Venison, Currant Sauce.
Escaloped Sweet Potatoes.
Escarole Salad.
Chantilly Pudding.
Raspberry Sherbet. Coffee Mousse.
Fruit. Roasted Chestnuts.
Coffee.

GENTLEMEN'S SUPPERS.

Spring.

Caviare on Toast.
Fried Trout. French Fried Potatoes.
Sliced Cucumbers.
Broiled Squab on Toast.
Rolls. Asparagus Points.
Sorrel-and-Lettuce Salad.
Rum Omelet.
Coffee.

Summer.

Anchovy Toast. Lobster Newburg.
Small Puff-Paste Cakes.
Roast Woodcock on Toast.
Green Peas. Fried Potato Balls.
Cress Salad. Small Rolls.
Small Cheese Soufflés.
Wine Jelly. Fruit.
Coffee.

Fall.

Stuffed Oysters, Tartar Green Sauce.
Brown-Bread Toast.
Venison Steak. Currant Jelly.
Glazed Sweet Potatoes.
Velvet Biscuit.
Olives. Crackers. Cheese.
Charlotte Russe. Fruit.
Coffee.

Winter.

Stuffed Olives. Toasted Crackers.
Fried Oysters on Fried Brown Bread.
Celery Salad.
Broiled Grouse, Bread Sauce.
Rolls. Fried Potatoes.
Welsh Rare-bit.
Baked Sweet Apples, with Cream.
Fruit. Coffee.

PARTY SUPPERS.

Supper for a Dancing-Party of Fifty.

Twelve quarts of bouillon, eight quarts of escaloped oysters, eight cold roast chickens, sliced, seventy-five bread-and-butter sandwiches, one hundred small rolls, three bottles of olives, five baskets of cake, fifteen quarts of coffee, fifteen quarts of ice-cream, eight pounds of confectionery.

Supper for One Hundred Guests.

Twenty-five quarts of bouillon, one hundred and fifty chicken sandwiches, ten quarts of oyster salad, ten quarts of chicken salad, two hundred small rolls, five bottles of olives, eight baskets of cake, twenty quarts of ice-cream (two kinds), fifteen quarts of sherbet (two kinds), five pounds of salted almonds, five pounds of French candied fruit, eight pounds of confectionery, thirty quarts of coffee. An idea of the way the table should be set may be gained below. As the bouillon should be served in cups, and the ices are not served at the beginning of the repast, no place is allotted them on the table.

Sandwiches.
Rolls. *Rolls.*
Olives. *Salted Almonds.* *Olives.*
Oyster Salad. *Chicken Salad.*
Cake. *Candied Fruit.* *Cake.*
Flowers. *Confectionery.* *Flowers.* *Confectionery.* *Flowers.*
Cake. *Candied Fruit.* *Cake.*
Chicken Salad. *Oyster Salad.*
Olives. *Salted Almonds.* *Olives.*
Rolls. *Rolls.*
Sandwiches.

Here is another bill of fare for a supper for one hundred guests : One boned turkey, one boiled ham, eight quarts of chicken salad, eight quarts of lobster salad, fifteen quarts of escaloped oysters, five bottles of olives, two hundred bread-and-butter sandwiches, two hundred small rolls, thirty quarts of coffee, eight baskets of cake, twenty quarts of ice-cream (two kinds), fifteen quarts of sherbet (two kinds), eight pounds of confectionery.

Escaloped Oysters.
Olives. *Olives.*
Chicken Salad. *Lobster Salad.*
Boned Turkey.
Rolls. *Bread-and-Butter Sandwiches.* *Rolls.*
Cake. *Confectionery.* *Cake.* *Confectionery.* *Cake.*
Flowers. *Cake.* *Flowers.* *Cake.* *Flowers.*
Cake. *Confectionery.* *Cake.* *Confectionery.* *Cake.*
Rolls. *Bread-and-Butter Sandwiches.* *Rolls.*
Boiled Ham.
Lobster Salad. *Chicken Salad.*
Olives. *Olives.*
Escaloped Oysters.

WEDDING BREAKFASTS.

A wedding breakfast is really about the same thing as an ordinary company luncheon; but the party present is generally larger, and more cold dishes and cake are provided. When the company is a small one, it is best to have a hot meal if possible. No matter what the number of guests may be, or how simple or elaborate the breakfast, there are a few things which it is always desirable to have upon the table, — flowers, salted almonds or other salted nuts, olives, fruit, and confectionery. Pains should be taken to use as much dainty china and fine glassware as possible, to give the board a bright and handsome appearance.

When oysters are in season, it is well to begin the breakfast with them. If the company be large, there should be a plentiful supply of small buttered rolls and thin bread-and-butter sandwiches. It is also customary to have cake cut and put into boxes, to be handed by a servant to the departing guests; yet it is considered to be in good taste to place the cake on the table and cut it there.

Here is a bill of fare for a nice breakfast for a small company. It is not offered with the expectation that it will be adopted exactly as printed, but rather with the view of suggesting some proper dishes to provide. It should be remembered that this festal meal is not to be served at eight o'clock or nine o'clock, but considerably later, and that food which might not be relished at an early hour may be eaten with zest at eleven o'clock or noon.

Consommé in Cups.
Broiled Salmon, Maître d'Hôtel Butter. *Potato Croquettes.*
Lamb Chops. *Green Peas.*
Baked Sweetbreads, Bechamel Cream Sauce. *Cauliflower in Cream Sauce.*
Broiled Squabs on Toast. *Sliced Tomatoes.*
Lettuce Salad.
Orange Ice. *Frozen Pudding.*
Cake. *Confectionery.* *Fruit.*
Coffee.

If the company is to be a large one, a different plan must be followed. Suggestions of dishes will be offered below, and an attempt made to give an idea how the table should be set. Ices and creams are not to be served until after the other viands, and therefore no place is allotted them on the table.

Chicken Consommé in Cups.

Boned Turkey.

Salted Almonds. ***Olives.***

Royal Croquettes. ***Chicken Patties.***

Mayonnaise of Salmon. ***Potato Croquettes.*** ***Potato Croquettes.*** ***Lobster Salad.***

Confectionery. ***Candied Fruit.***

Fruit. ***Cake.***

Flowers.

Cake. ***Fruit.***

Candied Fruit. ***Confectionery.***

Chicken Patties. ***Royal Croquettes.***

Olives. ***Salted Almonds.***

Tongue in Jelly.

Strawberry Ice-cream. ***Macaroon Ice-cream.***

Orange Ice. ***Lemon Ice.***

Chocolate. ***Coffee.***

THANKSGIVING AND CHRISTMAS.

During the week preceding Thanksgiving the New England housekeeper is a busy woman. All over the country, but especially in New England, men and women look forward to the holiday as a time for going to old homes, — a family day. At no other time in the year do so many large family-gatherings take place. It is desirable to preserve the characteristics of the old-fashioned dinner, yet the addition of some comparatively modern dishes improves the meal. The following bills of fare are as elaborate as need be, and may be reduced to suit the convenience and resources of housekeepers who have no cook to assist them. If everything before the roast turkey in the first two bills be omitted, the preparation of the dinner ought not to tax the strength or ability of an average housekeeper. When many dishes are to be served, the quantity of each may of course be much smaller than when there are only two or three courses.

Mince pies are better for being kept a week after baking. Tarts may be prepared the day before they are wanted. If it be inconvenient to bake the chicken pie on Thanksgiving Day, bake it on the previous day and warm it for the dinner. Vegetables may be prepared for cooking and kept in a cold place. Cranberry jelly may be made, nuts cracked, apples wiped, grapes and pears put in a cold place, raisins and nuts arranged in dishes, turkeys stuffed and made ready for roasting. Remember that the chief aim is to produce happiness, and that many of the company will not be wholly happy if the mistress of the household must pass a good part of the day in the kitchen. On this account the greater the preparations made in advance the better, so as to relieve the housekeeper of as many duties and as much anxiety as possible on the holiday.

Thanksgiving Dinners.

Oysters in Ice, with Thin Slices of Buttered Brown or Graham Bread.
Cream-of-Rice Soup.
Boiled Turkey, Oyster Sauce.
Mashed Turnips. Mashed Potatoes.
Plain Celery.
Roast Turkey, Giblet Sauce.
Chicken Pie.
Dressed Celery. Cranberry Jelly.
Cauliflower. Squash.
Mashed and Browned Potatoes.
Lettuce Salad.
Thanksgiving Pudding, Wine Sauce.
Apple Pie. Squash Pie. Mince Pie.
Strawberry Tarts.
Crackers. Cheese. Olives.
Salted Almonds. Fruit. Coffee.

Oyster Soup.
Boiled Turkey, Oyster Sauce.
Mashed Potatoes.
Mashed Turnips.
Roast Turkey, Chestnut Sauce.
Chicken Pie.
Celery. Cranberry Sauce.
Squash. Potato Puffs.
Sweet Potatoes. Cauliflower.
Lettuce Salad.
Mince Pie. Squash Pie.
Apple Pie. Cheese.
Apricot Ice-cream. Cake.
Apples. Oranges. Grapes.
Nuts. Raisins.

Consommé.
Oysters à la Poulette.
Roast Turkey, Giblet Sauce.
Cranberry Jelly. *Celery.*
Cauliflower au Gratin.
Potato Timbale.
Orange Salad.
Roast Saddle of Venison, Claret Sauce.

Currant Jelly.
Glazed Sweet Potatoes.
Lettuce Salad.
Crackers. *Cheese.* *Olives.*
Wine Jelly.
Charlotte Russe.
Fruit. *Confectionery.*
Coffee.

Christmas Dinners.

Raw Oysters.
Consommé à la Royale.
Baked Kennebec Salmon, Lobster Sauce.
Boiled Potato Balls, with Parsley Butter.
Roast Goose, with Apple Sauce.
Cauliflower. *Potato Puffs.*
Coffee Granite.
Canvas-back Duck, Orange Sauce.
Dressed Celery. *French Peas.*
Lettuce Salad. *Cheese Fingers.*
Plum Pudding, Brandy Sauce.
Pistachio Ice-cream.
Orange Sherbet.
Cake. *Fruit.*
Coffee.

Oyster Bisque.
Turbans of Halibut Baked in White Sauce.
Potato Cubes, with Parsley Butter.
Roast Turkey.
Cranberry Sauce. *Celery.*
Cauliflower. *Mashed Potatoes.*
Roast Duck.
Currant Jelly.
Baked Sweet Potatoes.
Dressed Celery.
Lettuce Salad.
Fruit Pudding, Wine Sauce.
Mince Pie. *Apple Pie.*
Ice-cream. *Lady's Cake.*
Salted Peanuts. *Fruit.*
Coffee.

LUNCHES FOR TENNIS PARTIES.

In planning to provide a luncheon for a party of lawn-tennis players one should remember that although so much exercise is taken by the ladies and gentlemen that something ought to be ready for quenching their thirst, it will be unwise to set forth ice-water. Hot or iced tea will be better, and will give more satisfaction. Place it where the players can get a cup readily. The tea may be kept hot a long time by setting the pot under a "cosey," — a wadded cover; or if one possess a genuine Chinese teapot, it may be kept hot and good for hours. At luncheon-time there should be fresh tea to serve with sandwiches, bread-and-butter, and cake. Never yield to the temptation to have an elaborate spread. A tennis-court is not the place for it for at least two reasons: enthusiastic players do not care to be called from their sport for the time necessary for the proper serving of a variety of viands, and they are likely to resume playing so soon after any refreshment has been taken that the digestive organs will be burdened unless the food be simple. Following are receipts for a few things which are good to provide: —

Chicken Sandwiches. — Suppose that twenty sandwiches are wanted. Use a quart of fine-chopped cooked chicken, forty thin slices of bread at least a day old, a table-spoonful of salt, half a teaspoonful of pepper, the yolks of six eggs that have been boiled for twenty minutes, half a cupful of milk or cream, half a cupful of butter, and half a teaspoonful of onion juice, — obtained by peeling an onion and squeezing it; an operation described in the chapter entitled "What All Housekeepers Should Know."

Put the yolks into a bowl, and mash them with a fork or spoon until smooth and light. Add half a teaspoonful of the salt and a grain of pepper. Put the butter into a warm cup, and beat it until creamy; then add two table-spoonfuls of it to the yolks. Gradually add the cream or milk, and then the onion juice. Stir the mixture until it is as smooth and light as a salad-dressing. Mix the remainder of the salt and pepper with the chopped chicken; then add the dressing, mixing thoroughly. Spread the remaining butter lightly upon the bread, and afterward spread the chicken in the same way. Fold the sandwiches in a napkin, and keep them in a cool place until wanted. They will look a little nicer if the crusts be trimmed off. It will not make much difference in the taste if no butter be spread upon the bread.

Sardine Sandwiches. — For twenty sandwiches take two boxes ot boneless sardines, half a cupful of butter, the yolks of six hard-boiled eggs, four table-spoonfuls of lemon juice, one-tenth of a teaspoonful of cayenne, half a teaspoonful of salt, and forty thin slices of bread.

Mash the yolks till light and fine, and add the lemon juice, salt, and pepper to them. After pouring the oil away from the fish, put them into a mortar or bowl, and pound them to a smooth paste. Add the egg mixture, and blend all the ingredients as smoothly as possible. Toast the bread delicately, and butter it lightly. Spread twenty slices with the sardine mixture, and cover with the remaining slices. With a sharp knife cut each sandwich into three strips.

Iced Tea. — For a dozen tumblers of tea use twelve teaspoonfuls of Oolong tea, twelve tumblers of water, and about two quarts of broken ice, — not very fine. Wash the ice until it is perfectly clean, and put it into the vessel in which the tea is to be made. Pour in the water, and then sprinkle in the dry tea. Cover, and set in the refrigerator or some other cool place for four or, better still, six hours. The drink will be found strong and exhilarating.

WHAT TO TAKE TO PICNICS.

At some seasons of the year the question what eatables to take to picnics arises so frequently that a few suggestions may be acceptable. Many people lose sight of the fact that good bread and butter and cold meat are articles of which there should be an ample supply, even at the cost of going without some delicacies. A small spirit-lamp will enable one to get, with very little trouble, a cup of hot tea, coffee, or chocolate. Here is a short list of good things from which to make selections for a luncheon in the woods: Buttered thin bread, buttered rolls, pressed chicken, broiled chicken, tongue, ham, pressed corned beef, sardines, stuffed eggs, hard-boiled eggs, broiled smoked salmon, pickles, olives, crackers and cheese, orange marmalade, hard gingerbread, cake, cold coffee, cold tea, lemonade. There are many fruit syrups which, mixed with cold water, make palatable drinks. Lemon juice for lemonade should be extracted at home, and carried to the picnic-grounds in bottles. The sugar may be put with it, or added with the water when the lemonade is wanted. When ice can be transported, the bill of fare may be improved greatly. For example, salads may be packed in ice, and they will be found tempting when dinner is announced. Ice-cream and sherbet also will make the meal seem a hundred per cent better on a hot day, and a little ice in the lemonade will make it so much more refreshing as to repay one for the trouble of carrying the ice. But have good bread and butter anyway. It is well to distribute crackers and cheese among the party on first reaching the grounds, so as to relieve any feeling of faintness.

FAMILY BILLS FOR ALL SEASONS.

January.

BREAKFAST.

Hominy and Milk.
Broiled Pigs' Feet.
Baked Potatoes. *Plain Omelet.*
Corn Bread. *Toast.*
Rice Griddle-cakes.

LUNCHEON.

Oysters au Gratin.
Toasted Crackers. *Luncheon Rolls.*
Oranges.
Coffee.

DINNER.

Tomato Soup.
Boiled Fowl, with Macaroni Stuffing and Bechamel Sauce.
Stewed Celery. *Mashed Turnips.*
Macaroni, with Bechamel Sauce.
Lettuce Salad.
Brown Pudding, Wine Sauce.

SUPPER.

Broiled Salt Fish.
Toasted Pilot Bread. *Rolls.*
Sponge Cake. *Canned Peaches.*
Chocolate.

BREAKFAST.

Oatmeal.
Broiled Salt Mackerel.
Escaloped Potatoes.
Graham Muffins. *Toast.*
Bread Griddle-cakes.

DINNER.

Ragout of Mutton.
Turnips. *Potatoes.* *Carrots.*
Boiled Rice Pudding, with Soft Custard.

SUPPER.

Broiled Kidneys. *Cream-of-Tartar Biscuit.*
Soft Molasses Gingerbread.
Baked Apples.
Tea.

BREAKFAST.

Oranges.
Fricassee of Chicken.
Baked Potatoes.
Rye Muffins. *Toast.*
Buckwheat Cakes.

LUNCHEON.

Broiled Cod or White Fish, with Maître d'Hôtel Butter.
Mashed Potatoes. *Stewed Tomatoes.*
Baked Apples. *Cream Cookies.*

DINNER.

Cream-of-Rice Soup.
Broiled Beefsteak.
Fried Onions.
Baked Sweet Potatoes.
Rice Fritters. *Dressed Celery.*
Cold Cabinet Pudding, Chocolate Sauce.

SUPPER.

Stewed Oysters.
Toasted Crackers. *Rolls.*
Currant Cake. *Preserves.*
Tea.

BREAKFAST.

Pearled Wheat.
Baked Sausages. *Potato Cakes.*
Rolls. *Fried Hominy.* *Toast.*

DINNER.

Baked Fish.
Mashed Potatoes. *Squash.*
Vegetable Salad.
Custard Méringue Pudding.

SUPPER.

Baked Omelet.
Milk Toast. *Graham Bread.*
Cup Cake. *Sliced Oranges.*
Chocolate.

LUNCHEON.

Fish Chowder.
Cold Meat. *Baked Potatoes.*
Toasted Crackers. *Marmalade.*
Chocolate.

DINNER.

Cream-of-Clam Soup.
Roast Venison, Currant Jelly Sauce.
Baked Sweet Potatoes.
Escaloped Onions. *Mashed Potatoes.*
Lettuce Salad.
Orange Charlotte.

SUPPER.

Egg Nests. *Toast.*
Velvet Biscuit.
Cream Walnut Cake.
Tea.

BREAKFAST.

Hominy.
Pork Chops. Baked Potatoes.
Spider Corn Cake. Toast.

DINNER.

Roast Beef.
Boiled Rice. Squash.
Lettuce Salad.
Canadian Apple Pudding.

SUPPER.

Lyonnaise Potatoes. Milk Toast.
Graham Rolls.
Cake. Preserves. Tea.

BREAKFAST.

Baked Apples.
Ham and Eggs.
Boiled Hominy. Stewed Potatoes.
Raised Muffins. Toast.

LUNCHEON.

Fricassee of Beef.
Boiled Potato Balls.
Stewed Carrots.
French Pancakes, with Jelly.
Tea.

DINNER.

Tapioca Soup.
Boiled Bass, Hollandaise Sauce.
Potato Puffs.
Chicken Cutlets, Mushroom White Sauce.
French Peas. Celery.
Prune Pudding.

SUPPER.

Broiled Sardines on Toast.
Tea Rolls.
Cake. Sliced Oranges. Tea.

BREAKFAST.

Oatmeal.
Fish Hash. Brown Bread.
Fried Raised Cakes. Toast.

DINNER.

Braised Beef.
Carrots. Turnips.
Baked Macaroni and Cheese.
Indian Pudding.

SUPPER.

Cold Meat. Escaloped Potatoes.
Rolls.
Tea Cakes. Stewed Prunes.
Tea.

February.

BREAKFAST.

Graham Mush.
Deviled Turkey.
Fried Sweet Potatoes.
Breakfast Rolls. Toast.
Buckwheat Cakes.

LUNCHEON.

Mutton Croquettes.
Princess Potatoes.
Cream-of-Tartar Biscuit.
Coddled Apples. Tea.

DINNER.

Consommé with Rice.
Roast Turkey, Giblet Sauce.
Celery. Cranberry Sauce.
Mashed Potatoes. Squash.
French Vegetable Salad.
Grapes. Oranges.

SUPPER.

Broiled Smoked Salmon.
Cracker Cream Toast.
Granulated Wheat Muffins.
Cake. Preserves.
Chocolate.

BREAKFAST.

Oatmeal.
Hashed Beef on Toast.
Stewed Potatoes. Graham Rolls.
Bread Griddle-cakes.

DINNER.

Roast Loin of Pork.
Hot Brown Bread. Apple Sauce.
Potatoes. Squash. Turnips.
Baked Rice Pudding.

SUPPER.

Broiled Smoked Herrings.
Thin Corn Bread.
Toast. Warm Molasses Gingerbread.
Cocoa.

BREAKFAST.

Hominy.
Broiled Southern Shad. Radishes.
Bermuda Potatoes, with Parsley Butter.
Corn Muffins. Toast.
Rice Griddle-cakes.

LUNCHEON.

Garbure à la Printanière. Toast.
Hot Tea Cake. Coddled Apples.
Coffee.

DINNER.

Oyster Soup.
Roast Chicken. Cranberry Sauce.
Spinach. Baked Sweet Potatoes.
Rice.
Celery Salad.
Coffee Jelly, with Whipped Cream.

SUPPER.

Cold Chicken.
Rolls. Cold Bread. Waffles.
Sliced Oranges. Tea.

BREAKFAST.

Fruit. Oatmeal.
Salt Fish in Cream Sauce.
Poached Eggs.
Baked Potatoes. Rice Muffins.
Griddle-cakes.

DINNER.

Cream-of-Rice Soup.
Roast Ptarmigan, Bread Sauce.
Spinach. Mashed Potatoes.
Celery Salad.
Crackers. Cheese.
Orange Charlotte.

SUPPER.

Escaloped Meat. Tea Rolls.
Feather Cake. Baked Apples.
Tea.

BREAKFAST.

Oatmeal.
Baked Salt Mackerel, with Cream Sauce.
Baked Potatoes. Corn Bread.
Bread Griddle-cakes.

LUNCHEON.

Broiled Fish, Maître d'Hôtel Butter.
Potato Balls in Cream Sauce.
Spice Cake. Coffee.

DINNER.

Clear Soup. Roast Beef.
Roasted Potatoes. Stewed Celery.
Lettuce Salad.
Salted Almonds.
Crackers and Cheese.
Cider Jelly.

SUPPER.

Broiled English Bacon.
Thin Fried Potatoes.
Muffins. Toast. Tea.
Cake. Marmalade.

BREAKFAST.

Cracked Wheat. Hashed Mutton.
Poached Eggs.
Hashed and Browned Potatoes.

DINNER.

Clam Chowder. Beefsteak.
Mashed Potatoes.
Baked Sweet Potatoes.
Celery Salad.
Sponge Pudding, Wine Sauce.

SUPPER.

Creamed Oysters. Rolls.
Tea Cake. Baked Apples.
Cocoa.

BREAKFAST.

Oatmeal.
Broiled Ham. Creamed Eggs.
Graham Muffins. Waffles.

Luncheon.

Terrapin Chicken.
Rolls. Baked Apples.
Crackers. Cheese. Coffee.

Dinner.

Halibut au Gratin.
Fillet of Beef, Bearnaise Sauce.
Baked Sweet Potatoes. Noodles.
Lettuce Salad.
Imperial Pudding.

Supper.

Baked Eggs. French Toast.
Queen's Cake. Preserves.
Chocolate.

Breakfast.

Corn-Meal Mush.
Fried Sausages.
Baked Potatoes. Rye Muffins.
Rice Griddle-cakes.

Dinner.

Boiled Corned Beef.
Cabbage. Turnips. Potatoes.
Carrots.
Apple-and-Rice Pudding.

Supper.

Fried Smelts. Potato Omelet.
Cracker-and-Milk Toast.
Graham Bread.
Gingerbread. Apple Sauce.
Tea.

March.

Breakfast.

Oatmeal.
Beefsteak. Eggs on Toast.
Hashed and Browned Potatoes.
Graham Puffs.
Griddle-cakes.

Luncheon.

Terrapin Veal. Stewed Tomatoes.
Rolls. Chocolate. Ginger-snaps.

Dinner.

Bisque of Beef.
Oyster Cutlets, Anchovy Sauce.
Potted Pigeons.
Potato Puffs. Stewed Carrots.
Lettuce Salad.
Olives. Crackers. Cheese.
Steamed Batter Pudding.

Supper.

Fish Omelet. Broiled Potatoes.
Split Biscuit. Coddled Apples.
Cake. Tea.

Breakfast.

Wheat Germ Mush.
Baked Hash. Tomato Omelet.
Hominy Muffins. Toast.

Dinner.

Irish Stew. Macaroni with Cheese.
Peach-and-Tapioca Pudding.

Supper.

Scrambled Eggs.
Toast. Parker House Rolls.
Cake. Preserves.
Tea or Chocolate.

Breakfast.

Hominy. Bananas.
Broiled Steak.
Potatoes Hashed and Browned in Cream.
Baltimore Corn Bread. Toast.
Buckwheat Cakes.

Luncheon.

Cold Meat.
Egg Timbales, with Tomato Sauce.
Fried Sweet Potatoes.
Apple Tartlet. Tea.

Dinner.

Noodle Soup.
Baked Red Snapper, Hollandaise Sauce.

Hashed Potatoes. *Minced Spinach.*
Lettuce Salad.
Crackers and Cheese.
Steamed Cottage Pudding, Strawberry Sauce.

SUPPER.

Broiled Ham. *Federal Loaf.*
Cake. *Preserves.* *Coffee.*

BREAKFAST.

Cracked Wheat.
Broiled Fish.
Creamed Potatoes. *Graham Toast.*
Muffins Fried on the Griddle.

DINNER.

Rolled Flank of Beef.
Potatoes. *Creamed Cabbage.*
Squash.
Beet Salad.
Quaking Pudding, Vanilla Sauce.

SUPPER.

Escaloped Oysters.
Rolls. *Toasted Crackers.*
Stewed Prunes. *Cookies.*
Chocolate.

BREAKFAST.

Oatmeal.
Fricassee of Chicken. *Boiled Eggs.*
Baked Potatoes. *Rolls.*
Hominy Griddle-cakes.

LUNCHEON.

Savory Beef Collops.
Fried Sweet Potatoes.
Luncheon Rolls.
Molasses Gingerbread.

DINNER.

White Soup.
Broiled Fish, Dutch Sauce.
Riced Potatoes.
Braised Veal.
Boiled Parsnips. *Minced Spinach.*
Cheese Fondue.
Vanilla Ice-cream. *Chocolate Cake.*

SUPPER.

Welsh Rare-bit. *Tea Biscuit.*
Canned Peaches. *Sponge Cake.*
Tea.

BREAKFAST.

Hominy.
Fried Liver and Bacon.
Escaloped Potatoes.
Corn Bread. *Toast.*
Graham Griddle-cakes.

DINNER.

Fish Chowder.
Beefsteak.
Mashed Potatoes. *Squash.*
Brown Betty Pudding.

SUPPER.

Milk Toast.
Cream-of-Tartar Biscuit.
Baked Apples.
Canada Gingerbread. *Cocoa.*

BREAKFAST.

Cracked Wheat.
Fricassee of Veal.
Princess Potatoes.
Dropped Eggs on Toast. *Rolls.*
Hominy Griddle-cakes.

LUNCHEON.

Stewed Oysters.
Cold Ham. *Baked Potatoes.*
Cake. *Sliced Oranges.* *Tea.*

DINNER.

White Soup.
Fillets of Halibut à la Poulette, with White Sauce and Potato Croquettes.
Mutton-chops.
Baked Sweet Potatoes.
Cauliflower in Cream Sauce.
Chantilly Tarts.

SUPPER.

Broiled Ham. *Lyonnaise Potatoes.*
Rolls. *Baked Apples.* *Toast.*
Cake. *Tea.*

BREAKFAST.

Hominy and Milk.
Salt Codfish, Cream Sauce.
Poached Eggs.
Baked Potatoes.
Cream-of-Tartar Biscuit.
Buckwheat Cakes.

DINNER.

Cream-of-Tapioca Soup.
Boiled Leg of Mutton, Caper Sauce.
Potatoes. Mashed Turnips.
Boiled Salsify, with Butter Sauce.
Lettuce Salad.
Bread Pudding, Vanilla Sauce.

SUPPER.

Broiled Bacon. Toasted Crackers.
Tea Rolls. Cake.
Chocolate.

April.

BREAKFAST.

Hominy Flakes.
Broiled Kidneys.
Stewed Potatoes.
Tomato Omelet.
Entire-Wheat Muffins. Toast.
Bread Griddle-cakes.

LUNCHEON.

Timbale of Cold Meat, Brown Sauce.
Macaroni, with Cheese.
Delicate Molasses Gingerbread.
Tea.

DINNER.

Purée of Tomatoes.
Roast Antelope.
Currant Jelly Sauce.
Chutney Sauce.
Minced Spinach.
Mashed Potatoes.
Chicory Salad.
Frozen Apricots.

SUPPER.

Broiled Smoked Herrings.
Rolls. Toasted Brown Bread.
Sponge Cake.
Strawberry Preserve.
Chocolate.

BREAKFAST.

Corn-Meal Mush.
Salt-Fish Hash. Poached Eggs.
Rolls. Toast.

DINNER.

Roast Beef.
Macaroni. Potatoes. Squash.
Tapioca Cream.

SUPPER.

Omelet. Brown-Bread Toast.
Stewed Prunes. Cup Cake.
Coffee.

BREAKFAST.

Cracked Wheat.
Broiled Ham.
Potatoes au Gratin.
Sliced Tomatoes.
Scrambled Eggs. Toast.
Corn Muffins.

LUNCHEON.

Escaloped Meat.
Macaroni à la Milanaise.
Mocha Cake. Coffee.

DINNER.

Okra Soup.
Broiled Whitefish, Parsley Butter.
Roast Capon. New Potatoes.
Cauliflower. Stewed Oyster Plant.
Sorrel Salad.
Strawberry Mousse. Cake.

SUPPER.

Swiss Eggs.
Toast. Cream-of-Tartar Biscuit.
Orange Marmalade. Crackers.
Tea.

Breakfast.

Oatmeal.
Baked Rice and Sausages.
Dropped Eggs on Toast. *Rolls.*

Dinner.

Roast Leg of Mutton.
Currant Jelly. *Cauliflower.*
Mashed White Turnips. *Potatoes.*
Lettuce Salad.
Cream Pudding.

Supper.

Fried Smelts.
Glazed Sweet Potatoes.
Cream-of-Tartar Biscuit. *Toast.*
Cake. *Preserves.* *Tea.*

Breakfast.

Fruit.
Broiled Halibut. *Stewed Potatoes.*
Trenton Corn Bread. *Toast.*
Buckwheat Cakes.

Luncheon.

Cold Meat.
Potato Salad. *Rolls.*
Cake. *Canned Peaches.* *Tea.*

Dinner.

Cream-of-Barley Soup.
Broiled Mutton Chops.
Vegetables à la Jardinière.
Potato Puffs.
Lettuce-and-Radish Salad.
Sunset Pudding.

Supper.

Broiled Sardines on Toast.
Pop-Overs. *Waffles.*
Chocolate.

Breakfast.

Fruit.
Force-meat Cakes.
Broiled Potatoes.
Indian-Bread Brewis.
Rolls. *Coffee.*

Dinner.

Tapioca Soup.
Braised Shoulder of Veal.
Beet Greens. *Potatoes.*
Sliced Tomatoes.
Cucumber Salad.
Custard Pudding.

Supper.

Cream Toast. *Tea Rolls.*
Cake. *Stewed Peach.*
Chocolate.

Breakfast.

Yellow Corn-Meal Mush.
Broiled Mackerel.
Lyonnaise Potatoes.
Radishes.
Rolls. *Hominy Waffles.*

Luncheon.

Fricassee of Cold Roast Beef.
Rice. *Swedish Rolls.*
Chocolate.

Dinner.

Sorrel Soup.
Baked Shad, Sauce Allemande.
Green Peas.
Breaded Mutton Cutlets, Tomato Sauce.
Potatoes. *Mashed Parsnips.*
Water Crackers. *Cheese.*
Lettuce Salad.
Lady Fingers. *Tapioca Custard.*

Supper.

Fried Scallops, with Water-cresses.
Raised Muffins. *Toast.*
Cake. *Preserves.* *Tea.*

Breakfast.

Fruit.
Broiled Calf's Liver.
Hashed Potatoes.
Plain Omelet.
Corn Bread. *Toast.*

DINNER.

Ragout of Mutton.
Turnips. Boiled Rice. Carrots.
Blanc-mange.

SUPPER.

Frizzled Beef.
Rolls. Toast.
Cake. Canned Peaches.
Tea.

May.

BREAKFAST.

Fruit.
White Fricassee of Chicken.
Baked Potatoes.
Raised Muffins. Toast.
Rice Griddle-cakes.

LUNCHEON.

Blanquette of Veal.
Turkish Rice. Rolls.
Chocolate.

DINNER.

Potato Soup.
Fried Brook Trout. Brown Bread.
Roast Lamb, Piquant Sauce.
String Beans. Stuffed Egg-plant.
Tomato Salad.
Frozen Rice Pudding.

SUPPER.

Broiled Smoked Salmon.
Cream Toast.
Granulated Wheat Muffins.
Feather Cake. Tea.

BREAKFAST.

Boiled Eggs.
Escaloped Potatoes.
Minced Beef on Toast.
Hominy Muffins. Graham Bread.

DINNER.

Boiled Fowl, Butter Sauce.
Asparagus. Mashed Potatoes.
Turnips.
Macaroni, with Cream Sauce.
Sliced Pineapple.

SUPPER.

Egg Salad.
Toast. Sally Lunn.
Stewed Prunes. Queen Cake.
Cocoa.

BREAKFAST.

Oatmeal.
Fried English Bacon.
Thin Fried Potatoes. Boiled Eggs.
Raised Wheat Muffins. Toast.

LUNCHEON.

Blanquette of Calf's Liver.
Stewed Macaroni.
Swedish Rolls. Coffee.

DINNER.

Chicken Broth.
Boiled Fish, White Sauce.
Mashed Potatoes.
Beefsteak, Mushroom Sauce.
Asparagus. New Beets.
Dandelion Salad.
Pineapple Jelly.

SUPPER.

Broiled Sweetbreads, Cream Sauce.
Rolls. Toast.
Cake. Marmalade.
Chocolate.

BREAKFAST.

Fish Balls. Fried Mush.
Rolls. Toast.

DINNER.

Potato Soup.
Mutton Cutlets, Breaded, with Tomato Sauce.

Mashed Potatoes.
Fried Salsify.
Dressed Lettuce. *Crackers.*
Oranges and Bananas.

SUPPER.

Broiled Smoked Herring.
Rolls. *Cracker Toast.*
Rhubarb Sauce.
Thin Gingerbread.
Tea.

BREAKFAST.

Oatmeal.
Minced Veal. *Fish Croquettes.*
Radishes. *Rolls.* *Toast.*
Hominy Griddle-cakes.

LUNCHEON.

Fricassee of Lobster.
Boiled Rice.
Toast. *Tea.*
Canned Pears, with Cream.

DINNER.

Duchess Soup.
Lamb Cutlets, Asparagus Sauce.
Casserole of Potatoes. *Green Peas.*
Escaloped Calves' Brains.
Roasted Cheese.
Wine Custard.

SUPPER.

Deviled Ham.
Hashed Potatoes. *Rolls.*
Spice Cake. *Preserves.*

BREAKFAST.

Granulated Yellow Corn Meal Mush.
Broiled Tripe.
Baked Eggs. *Potato Omelet.*
Rolls. *Toast.*

LUNCHEON.

Beefsteak.
Boiled Rice. *Stewed Tomatoes.*
Canned Corn.
Tapioca Pudding.

SUPPER.

Spiced Salmon.
Pop-Overs. *Toast.* *Cottage Cheese.*
Cake. *Chocolate.*

BREAKFAST.

Wheat Germ Mush.
Brown Fricassee of Sheep's Tongues.
Plain Omelet.
Baked Potatoes.
Graham Pop-Overs. *Toast.*

LUNCHEON.

Broiled Fish, Maître d'Hôtel Butter.
Potato Balls. *Cucumbers.*
Toasted Soda Crackers.
Orange Marmalade.
Tea.

DINNER.

Cream of Clams.
Roast Lamb.
Mint Sauce. *Brown Gravy.*
Mashed Potatoes. *Asparagus.*
Sliced Tomatoes.
Lettuce Salad.
Alpine Pudding.

SUPPER.

Curried Eggs.
Potato Rolls. *Chocolate.* *Toast*
Sponge Cake.
Strawberries and Cream.

BREAKFAST.

Fruit.
Corned-Beef Hash.
Dropped Eggs on Toast.
Rolls.

DINNER.

Broiled Fish.
Braised Calf's Liver.
Potatoes. *Boiled Turnips.*
Dandelions.
Corn-starch Blanc-mange.

SUPPER.

Broiled Bacon.
Tea. *Toast.*
Cake. *Preserves.*

June.

BREAKFAST.

Sliced Pineapple.
Broiled Mackerel.
Hashed Potatoes.
Eggs on Toast. *Crumpets.*
Indian Griddle-cakes.

LUNCHEON.

Steamed Clams. *Toasted Crackers.*
Fruit. *Iced Tea.* *Cake.*

DINNER.

Julienne Soup.
Baked Sweetbreads, Cream Sauce.
Asparagus.
Roast Lamb, with Mint and Brown Sauce.
String Beans. *New Potatoes.*
Lettuce Salad.
Philadelphia Ice-cream.
Vienna Wafers.

SUPPER.

Deviled Biscuit. *Rolls.*
Chocolate. *Little Fancy Cakes.*

BREAKFAST.

Graham Mush, with Milk.
Broiled Salt Fish. *Baked Potatoes.*
Entire-Wheat Muffins. *Toast.*
Berries and Cream.

DINNER.

Cream-of-Tapioca Soup.
Boiled Fowl, White Sauce.
Green Peas. *New Potatoes.*
Summer Squash.
Cucumber Salad.
Raspberry Jelly.

SUPPER.

Milk Toast. *Cold Fowl.* *Rolls.*
Cake. *Sliced Pineapple.*
Tea.

BREAKFAST.

Corn-Meal Mush.
Cuban Eggs. *Broiled Bacon.*
Creamed Potatoes.
Butter Toast. *Graham Muffins.*

LUNCHEON.

Salt Fish in Cream Sauce, with Purée of Potatoes.
Strawberry Short-cake. *Tea.*

DINNER.

Clam Soup.
Brown Fricassee of Veal.
Boiled Salsify. *Minced Spinach.*
Curried Rice.
Spinach Salad.
Crackers. *Cheese.*
Velvet Pudding.

SUPPER.

Milk Toast. *Cold Meat.* *Rolls.*
Strawberries. *Cake.*
Cocoa.

BREAKFAST.

Strawberries. *Hominy.*
Broiled Breakfast Bacon.
Soft Boiled Eggs.
Graham Puffs. *Toast.*
Griddle-cakes.

DINNER.

Crab-and-Tomato Bisque.
Roast Lamb, Mint Sauce.
Asparagus.
Carrots, with Cream Sauce.
Mashed Potatoes.
Lettuce Salad.
Bananas with Whipped Cream.

SUPPER.

Frizzled Beef.
Tea Rolls. *Toast.*
Preserves. *Ice-cream Cake.*
Tea.

Breakfast.

Strawberries.
Mutton Croquettes.
Salt Fish in Cream.
Potato Balls, Parsley Sauce.
Rolls. *Rice Griddle-cakes.*

Luncheon.

Jellied Chicken.
French Fried Potatoes. *Olives.*
Toast. *Chocolate.*
Lemon Cream.

Dinner.

Normandy Soup.
Halibut à la Creole. *Boiled Rice.*
Stuffed Breast of Veal.
Brown Gravy.
Grated Horseradish.
Creamed Onions.
Mashed Potatoes. *Green Peas.*
Sorrel Salad.
Strawberry Ice-cream.
Delicate Cake.

Supper.

Broiled Bacon.
Raised Wheat Waffles. *Toast.*
Cake. *Pineapple.*

Breakfast.

Strawberries. *Hominy.*
Lamb Chops. *Baked Potatoes.*
Baked Oatmeal Muffins.
Toast.

Dinner.

Fricassee of Chicken.
Green Peas. *Boiled Rice.*
New Potatoes.
Lettuce-and-Radish Salad.
Graham Pudding.

Supper.

Poached Eggs. *Cream Biscuit.*
Berries. *Hard Gingerbread.*
Tea. *Toast.*

Breakfast.

Oatmeal.
Salt Fish and Eggs in Cream Sauce.
Baked Potatoes. *Toast.*
Entire-Wheat Muffins.
Bread Griddle-cakes.

Luncheon.

Ragoût of Mutton.
Escaloped Tomatoes. *Rolls.*
Strawberries and Cream.
Sponge Cake. *Tea.*

Dinner.

Baked Salmon Trout, Brown Sauce.
Princess Potatoes. *Cucumbers.*
Roast Capon, Bread Sauce.
Green Peas. *String Beans.*
Crackers and Cheese.
Lettuce Salad.
Charlotte Russe.

Supper.

Frizzled Beef.
Milk Toast. *Parker House Rolls.*
Cake. *Berries.*
Tea.

Breakfast.

Baked Oatmeal.
Cold Meat.
Tomato Omelet. *Fried Potatoes.*
Spider Corn Cake.
Graham Toast.

Dinner.

Fricassee of Cold Meat, with Baked Dumplings.
Mashed Turnip. *Minced Spinach.*
Leche Crema.

Supper.

Egg Salad. *Rolls.*
Toast. *Cocoa.*
Orange Marmalade.
Soda Crackers.

July.

BREAKFAST.

Berries.
Broiled Chicken.
Baked Potatoes.
Water-cresses and Tomatoes on Ice.
Rolls. Toast.

LUNCHEON.

Escaloped Shrimps.
Cold Tongue. Potato Omelet.
Toast. Iced Tea.
Bananas.

DINNER.

Mock Turtle Soup.
Breaded Fillets of Flounder, Tomato Sauce.
Lamb Chops, Maître d'Hôtel Butter.
Green Peas. Mashed Potatoes.
Russian Jelly. Soft Custard.

SUPPER.

Jellied Calf's Head. Olives.
French Toast.
Cream-of-Tartar Biscuit.
Chocolate. Wafers.

BREAKFAST.

Fruit.
Meat and Rice Croquettes.
Dropped Eggs on Toast.
Graham Muffins.

DINNER.

Tapioca Soup.
Roast Beef.
Potatoes. Summer Squash.
Cauliflower.
Dressed Cucumbers.
Peaches and Cream. Cake.

SUPPER.

Thin-sliced Cold Boiled Ham.
Thin-sliced Bread.
Stewed Pears. Cake.
Tea.

BREAKFAST.

Fruit. Hominy.
Eggs on Toast. Fish Balls.
Rolls. Boston Brown Bread.

LUNCHEON.

Bean Soup. Toasted Bread.
Cold Meat. Sliced Tomatoes.
Blackberries. Feather Cake.
Iced Tea.

DINNER.

Fillets of Halibut, à la Poulette.
Boiled Potato Balls.
Lamb Chops. Green Peas.
New Beets. Cauliflower.
Water-cress Salad.
Frozen Raspberries.

SUPPER.

Jellied Veal.
Cream-of-Tartar Biscuit.
Berries. Cake. Tea

BREAKFAST.

Hominy.
Broiled Fish. Escaloped Potatoes.
Graham Rolls. Toast.
Rice Griddle-cakes.

LUNCHEON.

Brown Fricassee of Veal.
Boiled Rice. String Beans.
Sliced Tomatoes.
Steamed Berry Pudding.

SUPPER.

Cold Tongue.
Butter Toast. Sally Lunn.
Sponge Cake. Apricots.
Tea or Chocolate.

BREAKFAST.

Cantaloupe.
Broiled Halibut. Baked Potatoes.
White Corn Muffins. Toast.
Wilted Cucumbers.

LUNCHEON.

Curry of Cold Lamb. Boiled Rice.
Baked Bananas.
Soda Crackers. Tea.

DINNER.

Chicken Broth.
Baked Fish, with Tomato Sauce, and Garnished with Baked Tomatoes.
Mashed Potatoes. String Beans.
Lettuce Salad.
Peaches and Cream. Delicate Cake.

SUPPER.

Roast Clams.
Buttered Brown Bread.
Rolls. Berries.
Tea Cake. Chocolate.

BREAKFAST.

Oatmeal. Berries.
Veal Cutlets.
French Fried Potatoes.
Rolls. Toast.

DINNER.

Lamb Chops.
Thin Fried Potatoes.
Escaloped Cauliflower. Green Peas.
Vegetable Salad.
Silver-and-Gold Pudding.

SUPPER.

Cold Meat.
Toast. Graham Bread.
Water Crackers. Cake.
Tea.

BREAKFAST.

Blackberries. Oatmeal.
Creamed Eggs. Broiled Tripe.
Fried Potatoes.
Corn Muffins. Toast.

LUNCHEON.

Salt-Fish Hash. Sliced Tomatoes.
Toasted Brown Bread.
Swedish Rolls.

DINNER.

Baked Fish, Tomato Sauce.
Potato Balls.
Chicken Stew, with Norfolk Dumplings. Green Peas.
Pineapple Pudding.

SUPPER.

French Toast. Potato Salad.
Rolls. Strawberries.
Cake. Tea.

BREAKFAST.

Strawberries.
Broiled Breast of Lamb.
Fried Hominy.
Corn Bread. Rolls.

DINNER.

Roast Lamb, Mint Sauce.
Green Peas. Beets. Potatoes.
Lettuce Salad.
Lemon Sherbet.

SUPPER.

Milk Toast. Rolls.
Berries. Sponge Cake.
Tea.

August.

BREAKFAST.

Blackberries.
Granulated Wheat Mush.
Broiled Chicken. Baked Potatoes.
Rolls Toast

LUNCHEON.

Cold Calves' Tongues.
Vegetables à la Jardinière.
Blueberry Cake.
Tea.

DINNER.

Boiled Turbot, Shrimp Sauce.
Potato Balls, with Parsley Butter.
Veal Cutlets, Tomato Sauce.
Peas. Green Corn. Beans.
Cress Salad.
Fruit.

SUPPER.

Waffles. Toast.
Berries. Cake. Chocolate.

BREAKFAST.

Fruit.
Lamb's Liver Sauté.
Baked Potatoes.
Corn Bread. Toast.

DINNER.

Potato Soup.
Stewed Chicken.
Shelled Beans. Potatoes.
Green Corn.
Tomato Salad.
Berry Pudding, Hard Sauce.

SUPPER.

Broiled Salt Fish.
Creamed Potatoes.
Toast. Ground Rice Bread.
Berries. Ginger-snaps. Tea.

BREAKFAST.

White Corn-Meal Mush.
Halibut Fish Balls. Soft-boiled Eggs.
Sliced Tomatoes.
Entire-Wheat Muffins. Toast.

LUNCHEON.

Ragout of Lamb. Riced Potatoes.
Light Cake. Blackberries.

DINNER.

Tomato Soup.
Roast Beef, Horseradish Sauce.
Succotash. Roasted Potatoes.
Squash.
Lettuce Salad.
Jellied Peaches.

SUPPER

Cold Tongue.
Toast. Hot Blueberry Cake.
Crackers. Chocolate.

BREAKFAST.

Broiled Bacon. Lyonnaise Potatoes.
Johnny-cake. Coffee.

DINNER.

Fried Fish.
Mashed Potatoes.
Green Corn. Sliced Tomatoes.
Dressed Cucumbers.
Baked Blueberry Pudding, Golden Sauce.

SUPPER.

Frizzled Beef. Milk Toast.
Cold Bread. Gingerbread.
Cocoa.

BREAKFAST.

Grapes.
Broiled Chicken.
French Fried Potatoes. Rolls.
Rice Griddle-cakes.

LUNCHEON.

Savory Beef Collops.
Mashed Turnips.
Potato Salad.
Soft Molasses Gingerbread. Tea.

DINNER.

Baked Fish, Dutch Sauce.
Potato Puffs.
Breaded Veal Cutlets, Tomato Sauce.
Cauliflower au Gratin.
Stewed Carrots.
Crackers and Cheese.
Frozen Rice Pudding.

SUPPER.

Toast. Waffles. Cold Bread.
Peaches and Cream. Cake.
Chocolate.

Breakfast.

Oatmeal.
Ham Cakes. Plain Omelet.
Raised Wheat Muffins. Toast.

Dinner.

Braised Beef.
Shelled Beans. Potatoes.
Baked Tomatoes.
Grapes and Apples.

Supper.

Potato Omelet.
Cold Graham Bread. Toast.
Baked Pears. Lemon Jelly Cake.

Breakfast.

Cantaloupe.
Calf's Liver, with Cream Sauce.
Hashed Potatoes. Rolls.
Tomato Omelet.
Green Corn Griddle-cakes.

Luncheon.

Fried Clams. Cold Meat.
Baked Potatoes.
Pears. Grapes. Soda Crackers.
Tea.

Dinner.

Macaroni-and-Tomato Soup.
Loin of Veal, à la Jardinière.
Rice Croquettes.
Water-cress Salad.
Peach Mousse.

Supper.

Anchovy Toast. Tea Biscuit.
Cake. Blackberries. Chocolate

Breakfast.

Wheat Germ Mush.
Salt Fish in Egg Sauce.
Baked Potatoes.
Graham Rolls. Dry Toast.

Dinner.

Roast Lamb.
Potatoes. Mashed Turnips.
Green Corn in Cream Sauce.
Tomato Salad.
Cold Custard Pudding.

Supper.

Scrambled Eggs.
Cream-of-Tartar Biscuit.
Cold Graham Bread.
Sliced Peaches. Sponge Cake.

September.

Breakfast.

Hominy Snowflakes.
Lamb Chops. Baked Potatoes.
Boiled Eggs.
Entire-Wheat Rolls. Toast.

Luncheon.

Broiled Fish.
Mashed Potatoes. Sliced Tomatoes.
Pears and Grapes.

Dinner.

Tomato Soup.
Roast Chicken.
Green Corn. Mashed Potatoes.
Stuffed Cucumbers.
Cauliflower Salad. Frozen Peaches.

Supper.

Cold Tongue. Potato Salad.
Rolls. English Brown Bread.
Coddled Apples. Ginger-snaps.
Tea.

Breakfast.

Cracked Wheat.
Corned-Beef Hash. Boiled Eggs.
Corn Cake. Toast.

Dinner.

Stuffed and Rolled Shoulder of Mutton.
Mashed Turnips. Mashed Potatoes
Escaloped Tomatoes.
Apple-Tapioca Pudding.

SUPPER.

Cracker-and-Milk Toast.
Entire-Wheat Bread.
Baked Apples.
Gingerbread. Cocoa.

BREAKFAST.

Grapes. Oatmeal.
Broiled Chicken.
Potatoes Browned in Cream Sauce.
Graham Muffins. Toast.
Green Corn Griddle-cakes.

LUNCHEON.

Cold Lamb.
Breaded and Fried Tomatoes.
Toasted Rolls. Tea.
Grapes and Pears.

DINNER.

Onion Soup.
Broiled White or Blue Fish.
Potato Balls, with Parsley Sauce.
Breaded Mutton Cutlets, Tomato Sauce.
Boiled Salsify. Lima Beans.
Peaches and Cream.

SUPPER.

Egg Salad.
Toast. Rice Muffins.
Scotch Cake. Chocolate.

BREAKFAST.

Oatmeal.
Fish Balls. Plain Omelet.
Graham Rolls. Toast.
Fried Indian Mush.

DINNER.

Boiled Leg of Mutton, Caper Sauce.
Turnips. Carrots. Potatoes.
Lettuce Salad.
Baked Apple Pudding.

SUPPER.

Welsh Rare-bit.
Cream-of-Tartar Biscuit.
Sponge Cake. Sliced Peaches.
Tea.

BREAKFAST.

Grapes.
Wheat Germ Mush.
Escaloped Mutton. Poached Eggs.
Corn Bread. Toast.

LUNCHEON.

Beef Pastie.
Sliced Tomatoes. Graham Bread.
Cream Cookies. Sliced Peaches.
Chocolate.

DINNER.

Okra-and-Rice Soup.
Walled Chicken.
Cauliflower. Corn. Pickled Beets.
Shrimp Salad.
Coffee Ice-cream.

SUPPER.

Fricassee of Lobster.
Washington Rolls. Cold Bread.
Cake. Preserves. Tea.

BREAKFAST.

Indian Meal Mush
Fried Liver and Bacon.
Baked Potatoes. Rolls.
Bread Griddle-cakes.

DINNER.

Roast Beef.
Creamed Onions. Squash.
Mashed Potatoes. Beet Salad.
Fruit.

SUPPER.

Cold Sliced Beef.
Lyonnaise Potatoes.
Graham Muffins. Toast
Cake. Cocoa.

BREAKFAST.

Cantaloupe.
Broiled Bluefish.
Hashed Brown Potatoes.
Sliced Cucumbers
Toast. Graham Rolls.

LUNCHEON.

Lobster Newburg.
Chopped-Paste Cakes.
Dinner Rolls.
Peaches. Grapes.
Coffee.

DINNER.

Green Pea Soup.
Fried Chicken, with Cauliflower.
Green Corn. Lima Beans.
Tomato Salad.
Fresh Fruit.

SUPPER.

Savory Omelet.
Rolls. Toast.
Berries. Soft Gingerbread.
Tea.

BREAKFAST.

Berries. Graham Mush.
Baked Croquettes.
Lyonnaise Potatoes. Sliced Tomatoes.
Dropped Biscuit. Toast.

DINNER.

Chicken Soup.
Boiled Fish, Bechamel Yellow Sauce.
Sliced Cucumbers. Potatoes.
Green Corn. Lettuce Salad.
Peach Short-cake, with Whipped Cream.

SUPPER.

Cold Meat.
Rolls. Toast.
Blackberries.
Soft Molasses Gingerbread
Tea.

October.

BREAKFAST.

Grapes.
Hominy and Cream.
Fish Balls. Omelet.
Brown Bread. Rolls.
Wheat Griddle-cakes.

LUNCHEON.

Fried Oysters. Celery Salad.
Federal Loaf. Cold Brown Bread.
Chocolate.

DINNER.

Oyster Soup.
Roast Partridge, Bread Sauce.
Stuffed Tomatoes. Mashed Potatoes.
Cauliflower in Cream Sauce.
Celery Salad.
Pears and Grapes.

SUPPER.

Cream Toast.
White Bread.
English Brown Bread.
Cake. Preserves.
Tea.

BREAKFAST.

Cantaloupe.
Cracked Wheat.
Ham and Eggs. Baked Hominy.
Corn Muffins. Toast.

DINNER.

Roast Leg of Mutton, Currant Jelly.
Squash. Mashed Turnips.
Potatoes. Lettuce Salad.
Brown Betty Pudding.

SUPPER.

Lyonnaise Potatoes. Broiled Bacon.
Cream-of-Tartar Biscuit.
Apple Sauce. Cookies. Cocoa.

BREAKFAST.

Grapes.
Fried Perch. Stewed Potatoes.
Toast. Raised Muffins.
Rice Griddle-cakes.

LUNCHEON.

Brunswick Stew. Spider Corn Cake.
Toast. Tea. Fruit.

DINNER.

Tomato Soup.
Broiled Chicken, Tartar Sauce.
Cauliflower.
Fried Sweet Potatoes.
White Potatoes.
Escarole Salad.
Ice-cream.

SUPPER.

Cold Tongue. *Escaloped Potatoes.*
Toast. *Cream Waffles.*
Cake. *Tea.*

BREAKFAST.

Hominy and Milk.
Omelet. *Creamed Potatoes.*
Rolls. *Toast.*

DINNER.

Pot Roast.
Turnips. *Squash.*
Sliced Tomatoes. *Potatoes.*
Canadian Apple Pudding, Nutmeg Sauce.

SUPPER.

Cold Beef. *Graham Toast.*
Bread Griddle-cakes.
Baked Apples. *Cup Cake.* *Tea.*

BREAKFAST.

Cracked Wheat.
Broiled Salt Fish.
Baked Eggs. *Baked Potatoes.*
Baltimore Corn Bread. *Toast.*
Graham Griddle-cakes.

LUNCHEON.

Deviled Scallops. *Boiled Rice.*
Squash Pie. *Toast.*
Tea.

DINNER.

Scotch Broth.
Fillets of Halibut, à la Poulette.
Potato Balls, Parsley Butter.
Stuffed Tomatoes.
French Vegetable Salad.
Baked Quinces, with Cream.

SUPPER.

Cream-of-Tartar Biscuit.
Broiled Smoked Salmon.
Coddled Apples. *Sponge Cake.*
Chocolate.

BREAKFAST.

Oatmeal.
Fish Hash. *Sliced Tomatoes.*
Toasted Brown Bread. *Rolls.*

DINNER.

Boiled Corned Beef.
Cabbage. *Turnips.*
Beets. *Potatoes.*
Rolled Apple Pudding, Lemon Sauce.

SUPPER.

Fried Bacon. *Boiled Hominy.*
Cold Graham Bread.
Toast. *Cake.*
Cocoa.

BREAKFAST.

Fruit.
Broiled Breast of Lamb.
Baked Potatoes.
Rolls. *Toast.*
Fried Mush.

LUNCHEON.

Jugged Rabbit. *Boiled Rice.*
Baked Apples. *Sponge Cake.*
Tea.

DINNER.

Cream-of-Cauliflower Soup.
Fillet of Bass, Tartar Sauce.
Mashed Potatoes.
Boiled Fowl, Poulette Sauce.
Boiled Salsify. *Celery.*
Macaroni in Cream Sauce.
Strawberry Méringue.

SUPPER.

Cream Toast.
Rolls. *Soda Crackers.*
Baked Pears. *Cup Cake.*
Chocolate.

BREAKFAST.

Wheat Germ Mush.
Pork Chops. *Hominy.*
Graham Muffins. *Toast.*

DINNER.

Fish Chowder. *Crackers.*
Cold Corned Beef.
Mashed Potatoes.
Baked Sweet Potatoes.
Cottage Pudding, Lemon Sauce.

SUPPER.

Corned-Beef Hash.
Cream-of-Tartar Biscuit.
Spice Cake. *Apple Sauce.*
Tea.

November.

BREAKFAST.

Grapes.
Oatmeal.
Mutton Chops.
Egg Nests on Toast.
Potatoes au Gratin.
Granulated Wheat Muffins. *Toast.*

LUNCHEON.

Cold Meat.
Baked Potatoes. *Tomato Fritters.*
Swedish Rolls. *Pears.*
Chocolate.

DINNER.

Cream-of-Celery Soup.
Roast Grouse, Bread Sauce.
Potato Croquettes.
Cauliflower in Cream Sauce.
Oyster Salad.
Orange Custard.

SUPPER.

Cold Meat. *Potato Omelet.*
Rolls. *Toast.* *Cake.*
Tea.

BREAKFAST.

Hominy and Milk.
Baked Sausages. *Baked Potatoes.*
Spider Corn Cake. *Toast.*

DINNER.

Roast Beef.
Stewed Cabbage. *Indian Dumplings.*
Potatoes.
Baked Rice Pudding.

SUPPER.

Fish Hash. *Rye Muffins.*
Cold Bread. *Apple Sauce.*
Tea.

BREAKFAST.

Hominy and Milk.
Pork Tenderloins.
Savory Omelet. *Baked Potatoes.*
Rolls. *Toast.*
Griddle-cakes.

LUNCHEON.

Scotch Broth. *Rolls.*
Crackers and Cheese. *Rice Pudding.*
Tea.

DINNER.

Baked Fish, Hollandaise Sauce.
Mashed Potatoes.
Curry of Chicken.
Boiled Rice. *Stewed Tomatoes.*
Apple Dumplings, Lemon Cream Sauce.
Grapes. *Pears.*

SUPPER.

Cold Meat. *Lyonnaise Potatoes.*
Cream-of-Tartar Biscuit.
Toast. *Cake.* *Coddled Apples.*
Tea.

BREAKFAST.

Meat-and-Rice Croquettes.
Soft-boiled Eggs.
Raised Graham Rolls.
Buckwheat Cakes.

DINNER.

Baked Fish, Tomato Sauce.
Mashed Potatoes.
Cold Meat.
Baked Sweet Potatoes.
Escaloped Cauliflower.
Steamed Graham Pudding,
Golden Sauce.

SUPPER.

Oyster Stew. Toasted Crackers.
Graham Bread. Baked Apples.
Gingerbread. Chocolate.

BREAKFAST.

Fruit.
Broiled Mutton Chops.
Saratoga Potatoes.
Fried Graham Muffins. Toast.
Rice Griddle-cakes.

LUNCHEON.

Tomato Omelet. Hot Biscuit.
Toast. Chocolate.

DINNER.

Fried Flounder, Tartar Sauce.
Potato Croquettes.
Venison Cutlets.
Fried Sweet Potatoes. Cauliflower.
Lettuce Salad.
Peach Ice-cream. Cake.

SUPPER.

Chicken Omelet.
Cracker Toast. Graham Bread.
Steamed Custards. Cake.

BREAKFAST.

Oatmeal.
Escaloped Mutton.
Lyonnaise Potatoes.
Waffles.

DINNER.

Mutton Cutlets, Tomato Sauce.
Potatoes. Stewed Carrots.
Macaroni, with Cheese.
Oyster Salad.
Neapolitan Mousse. Cake.

SUPPER.

Golden Buck.
Parker House Rolls. Toast.
Hard Gingerbread.
Orange Marmalade.
Chocolate.

BREAKFAST.

Yellow Corn-Meal Mush.
Hashed Turkey. Fried Hominy.
Toast. Graham Rolls.
Wheat Griddle-cakes.

LUNCHEON.

Escaloped Oysters.
Parker House Rolls.
Baked Apples. Sugar Gingerbread.
Tea.

DINNER.

Ox-Tail Soup.
Baked Red Snapper, Dutch Sauce.
Potato Puffs.
Roast Ham, Madeira Sauce.
Baked Sweet Potatoes.
Stewed Celery.
Escarole Salad.
Orange Snow Pudding.
Fruit. Coffee.

BREAKFAST.

Oatmeal.
Baked Apples.
Fried Liver. Baked Potatoes.
Corn Bread. Toast.

DINNER.

Roast Pork. Apple Sauce.
Squash. Turnip.
Steamed Indian Bread.
Crackers and Cheese.
Cream Pudding.

SUPPER.

Fish Omelet.
Rolls. Toasted Indian Bread.
Stewed Prunes. Cake.
Cocoa.

December.

BREAKFAST.

Crushed Wheat.
Venison Steak.
Duchess Potatoes. Boiled Eggs.
Rye Muffins. Toast.
Rice Griddle-cakes.

LUNCHEON.

Shepherd's Pie.
Baked Sweet Potatoes.
Dinner Apple Sauce.
Luncheon Rolls.
Chocolate.

DINNER.

Oyster Bisque.
Roast Turkey, Cranberry Sauce.
Cauliflower. Mashed Potatoes.
Squash.
Celery Salad.
Imperial Pudding, Strawberry Sauce.

SUPPER.

Cold Tongue.
Hashed and Browned Potatoes.
Bread. Toast. Cake.
Tea.

BREAKFAST.

Hominy and Milk.
Baked Sausages. Stewed Potatoes.
Corn Bread. Toast.

DINNER.

Tomato Soup.
Baked Beans. Brown Bread.
Pickles. Baked Potatoes.
Lettuce Salad.
Flummery, with Custard Sauce.

SUPPER.

Quaker Omelet. Fried Hominy.
Rolls. Molasses Gingerbread.
Chocolate.

BREAKFAST.

Rye-Meal Mush.
Mutton Chops. Savory Omelet.
Baked Potatoes.
Graham Muffins. Toast.

LUNCHEON.

Escaloped Fish. Creamed Potatoes.
Toast. Chocolate.
Crystallized Apples.

DINNER.

Oyster Soup.
Calf's Head, Terrapin Style, with Brain Force-meat Balls.
Parsnips. Spinach. Potatoes.
Lettuce Salad.
Lemon Jelly.

SUPPER.

Broiled Bacon.
Pop-Overs. Toast.
Fig Cake. Canned Raspberries.
Tea.

BREAKFAST.

Oatmeal.
Breaded Veal Cutlets.
French Fried Potatoes.
Graham Muffins. Corn Bread.
Hominy Griddle-cakes.

DINNER.

Boiled Turkey, White Sauce.
Potato Puffs. Mashed Turnips.
Macaroni in Cream Sauce.
Oyster Salad.
Stewed Apples, with Cream.
Sponge Cake. Coffee.

SUPPER.

Meat-and-Hominy Croquettes.
Brown-Bread Toast. Cold Bread.
Baked Sweet Apples and Cream.
Cake. Tea.

LUNCHEON.

Cold Meat.
Macédoine of Vegetables.
Toast. *Chocolate.*
Fruit.

DINNER.

Boiled Bass, Egg Sauce.
Mashed Potatoes.
Beefsteak, Maître d'Hôtel Butter.
Baked Sweet Potatoes.
Mashed Turnips.
Prune Pudding, Custard Sauce.

SUPPER.

Fried Oysters.
Brown-Bread Toast.
Parker House Rolls.
Cake. *Tea.*

BREAKFAST.

Yellow Corn-Meal Mush.
Broiled Tripe. *Lyonnaise Potatoes.*
Rolls. *Toast.*
Buckwheat Cakes.

DINNER.

Potato Soup.
Roast Ham, Cider Sauce.
Mashed Potatoes.
Baked Sweet Potatoes.
Creamed Onions.
Corn-starch Pudding, Strawberry Sauce.

SUPPER.

Cold Ham.
Potato Salad. *Graham Rolls.*
Baked Apples. *Sugar Gingerbread.*
Cocoa.

BREAKFAST.

Oranges.
White Fricassee of Chicken.
Potatoes au Gratin.
Graham Muffins
Waffles.

LUNCHEON.

Fried Oysters, on Fried Brown Bread.
Cabbage Salad.
Toast. *Baked Apples.* *Tea.*

DINNER.

Ox-Tail Soup.
Escaloped Fish.
Roast Duck, Orange Sauce.
Hominy Croquettes.
Fried Sweet Potatoes.
Celery.
Coffee Jelly, with Whipped Cream.

SUPPER.

Curried Oysters.
Toast. *Pop-Overs.*
Apple Sauce. *Cup Cake.*
Chocolate.

BREAKFAST.

Oatmeal.
Baked Hash. *Soft-boiled Eggs.*
Graham Rolls. *Toast.*
Buckwheat Cakes.

DINNER.

Celery Soup.
Roast Ribs of Pork.
Apple Sauce.
Steamed Indian Bread.
Potatoes. *Squash.* *Turnips.*
Chicory Salad.
Oranges. *Grapes.*

SUPPER.

Cold Meat.
Rolls. *Graham Toast.*
Cake. *Stewed Prunes.* *Tea.*

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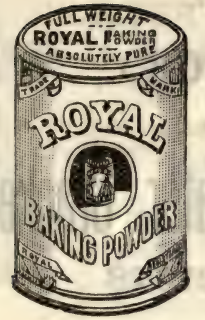
NOTE.

Housekeepers are reminded that the receipts which are starred (*) are for simple dishes. They are also advised to study the index sufficiently to become familiar with it. Not all the dishes of meat are included in the chapter on "Various Modes of Cooking Meat." Some will be found among the entrées and in the chapter on "Food for the Sick." And so with other kinds of dishes. The index to a cook-book should be of great value, yet the average housekeeper does not take pains to become well enough acquainted with it to avail herself of all the advantages which the book offers. She may waste many precious moments searching for a favorite receipt which could be found without the least delay if she took a little time now and then to study the index. A dish may be entered in several places, yet not be found just where some housekeeper, unacquainted with the principles on which index-makers work, expects to find it, and the unfortunate conclusion may be hastily reached that the book does not contain the receipt. The foregoing index has been carefully prepared, and it is hoped that all who use the KITCHEN COMPANION may find it one of the most helpful departments.

University Press: John Wilson & Son, Cambridge.



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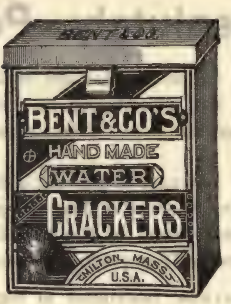

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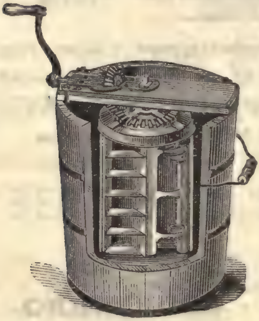

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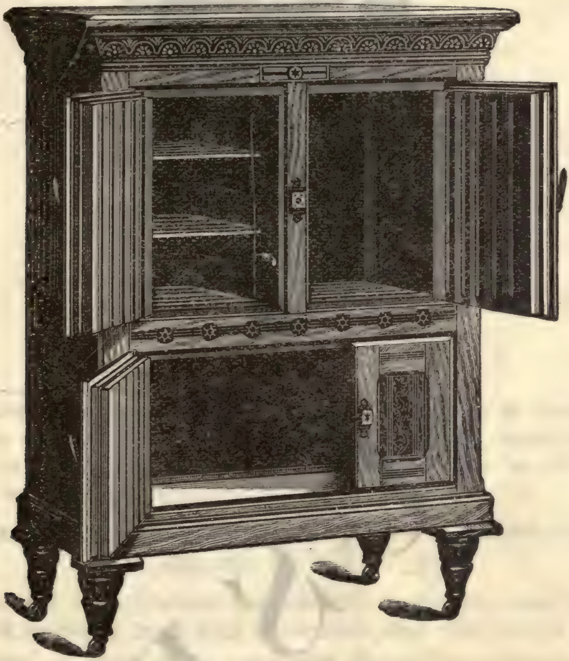

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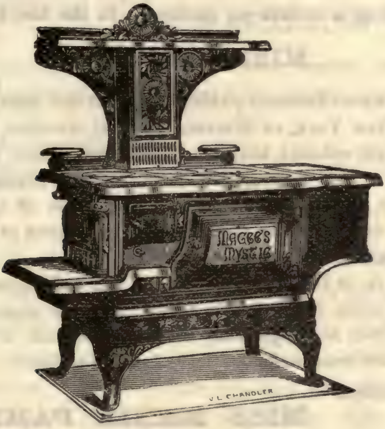

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